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# BULLETIN

## American Home Economics " Association

### HOME INSTITUTION SCHOOL



PUBLISHED QUARTERLY

by the

AMERICAN HOME ECONOMICS ASSOCIATION  
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## NOTICE OF ANNUAL ELECTION.

Notice is given of the annual election of officers of the American Home Economics Association. Members are requested to send immediately suggestions of nominations for the various officers to the undersigned Committee on Nominations, which will then, in accordance with the provisions of the Constitution, submit a list of nominations to the members.

These suggestions should be sent, on the blank enclosed, to the Chairman of the Committee on Nominations, Dr. Henry C. Sherman, Columbia University, New York City, not later than November 20, 1912.

The places which are to be filled are as follows:

*President*, in place of Miss Isabel Bevier, to serve 1 year.

*First Vice-President*, in place of Dr. C. F. Langworthy, to serve 1 year.

*Second Vice-President*, in place of Miss Martha Van Rensselaer, to serve 1 year.

*Third Vice-President*, in place of Miss Abby L. Marlatt, to serve 1 year.

*Secretary*, in place of Dr. Benjamin R. Andrews, to serve 1 year.

*Treasurer*, in place of Mr. H. L. Knight, to serve one year.

*Five Councilors-at-Large*, to serve five years, in place of Miss Edna D. Day, Dr. Lafayette B. Mendel, Dr. George M. Kober, Miss Mary S. Snow, Miss Agnes Harris.

*Member of Permanent Committee on Nominations*, in place of Dr. Henry C. Sherman.

Attention is called to the following extract from the minutes of the second annual meeting (see page 14, JOURNAL OF HOME ECONOMICS for February, 1910):

"The Committee on Nominations also presented the following resolution, which was adopted by the Association as an expression of its opinion but declared not absolutely binding upon future action: 'Resolved that it be the policy of the Association hereafter that Vice-Presidents, Councilors-at-Large, and members of the Nominating Committee shall not be eligible for reelection within one year.'"

MISS ANNIE LAIRD,  
HENRY C. SHERMAN (*Chairman*),  
MISS LOUISE A. NICHOLASS,  
MISS RUTH A. WARDALL,  
MISS SUSANNA USHER,  
(*Committee on Nominations*).

BENJAMIN R. ANDREWS,

*Secretary, American Home Economics Association,*

525 West 120th Street, New York City.



## ADMINISTRATION SECTION MEETING, LAKE PLACID, NEW YORK.

Upon invitation of the Lake Placid Club, the Administration Section of the American Home Economics Association held its third annual meeting at the Lake Placid Club, Essex County, New York, from June 22 to 26, 1912. The program as presented at the meeting was as follows:

### PROGRAM.

*Saturday, June 22, 9.30 a.m.*

Address of welcome, by Melvil Dewey, president Lake Placid Club.

Committee on Administration, Mrs. Dewey, honorary chairman.

The Problem of an Agricultural College Dining Hall for 500, Mary Urie Watson, MacDonald Institute, Guelph, Ontario.

Data Regarding the Kind and Cost of Food Served at a Club for Men, Dr. C. F. Langworthy, United States Department of Agriculture, Washington, D. C.  
Directions for Kitchen and Dining-room Employees, Mrs. Dewey.

*Saturday, 8.00 p.m.*

Administration in the Private Home, Flora Rose, Cornell University, chairman.

The Relation of Household Administration to Public Utilities, Martha Bensley Bruère, New York City.

Facilities for Marketing and Cost of Living, E. E. Pratt, New York Food Investigating Commission.

*Monday, June 24, 9.30 a.m.*

Committee on Laundries, S. Maria Elliott, Simmons College, chairman.

Report on Organization and Administration of Institution Laundries.

Regulation and Inspection of Commercial Laundries, Helen Woodford Pratt, Consumers' League, New York City. William C. Rogers, deputy state commissioner of labor, Albany, N. Y.

*Monday, 8.00 p.m.*

Efficiency in Administration, Emma H. Gunther, chairman.

Principles of Scientific Management Applied to the Household and Institution, Frank B. Gilbreth, consulting engineer, New York City.

*Discussion:* Wanted, A Test for "Man Power," introduced by Mrs. Dewey.

*Tuesday, June 25, 9.30 a.m.*

Committee on Education, Sarah Louise Arnold, dean of Simmons College, chairman.

Report on Instruction in Household and Institution Administration, Miss Arnold.

Practice Fields of Training for Household and Institution Management, Emma H. Gunther, School of Practical Arts, Teachers College, New York City.

*Tuesday, 8.00 p.m.*

Committee on School Lunches, Louise Stevens Bryant, chairman, University of Pennsylvania, Philadelphia.

General Development and Present Status of School Feeding Movement, Mrs. Bryant.

School Lunches and Medical Inspection, Ira S. Wile, M.D., New York City.

Elementary School Lunches in Smaller Cities, Alice M. Hotchkin, Director School Lunches, Rochester, N. Y.

*Wednesday, June 26, 9.30 a.m.*

Committee on Institutional Accounts and Records, William Morse Cole, Harvard University, chairman.

Report of Committee on Buying Supplies, Henry C. Wright, Russell Sage Foundation, chairman.

Food per Capita, Melvil Dewey, Lake Placid Club.

*Wednesday, 8.00 p.m.*

Committee on Dietaries, Florence Corbett, Whittier Hall, Teachers College, New York City, chairman.

Dietary Criticism and Food Surveys, Miss Corbett.

The Hospital Diet Kitchen, M. C. Little, Polyclinic Hospital, New York City.

The Coöperation of Dietitian and Physician, E. Grace McCullough, Boston, Mass.

The Housekeeper Dietitian in the Hospital Field, Miss Lindsley, Woman's Hospital, New York City.

The first session was called to order by Miss Van Rensselaer, secretary-treasurer of the section, in the absence of Miss Nutting, chairman. Mr. Dewey, president of the Lake Placid Club made an address of welcome, in which he called attention to the fact that the American Home Economics Association had its beginnings at Lake Placid, and that, although the movement had made great strides in the past thirteen years it was still in its infancy. At the close of Mr. Dewey's talk, Miss Van Rensselaer reminded those present that the department of Institutional Management had been inaugurated



by Mr. and Mrs. Dewey, and that many other enterprises that have since become valuable agencies for public good were started at Lake Placid.

All of the meetings were full of interest, and the members present were most enthusiastic over the work of the section.

At the closing session, resolutions were passed thanking Mr. and Mrs. Dewey for their hospitality and for the many kindnesses extended to the members.

Some of the papers presented will be found in this issue.

A detailed account of the meeting, with other papers presented and the discussions which followed, will appear in a subsequent issue of the JOURNAL.

## GRADUATE SCHOOL OF HOME ECONOMICS.

The Fourth Graduate School of Home Economics was held at the Michigan Agricultural College, East Lansing, Michigan, from July 1 to 26, at the same time and place as the Graduate School of Agriculture. As in former years arrangements were made so that students in either school could attend lectures in both schools. The course this year was extended from two to four weeks, in order that laboratory courses in food microbiology and chemistry could be given.

The attendance was much larger than ever before, students registering from thirteen states. It is interesting to note the various lines that the members were following, teachers in colleges, normal, high, and grade schools, supervisors of Home Economics in schools, dietitians, and housekeepers, by far the greater number being teachers.

The program of the school, and lectures given in the Graduate School of Agriculture which were of especial interest to the Home Economics student, are given below. In addition to the regular program, there were several social events which served to bring the students of the two schools together, an excursion to a mint farm, an inspection trip to a city milk factory, etc. The committee in charge of the school consisted of Mrs. Alice P. Norton, chairman, Miss Edna D. Day, Miss Abby L. Marlatt, Miss Martha Van Rensselaer, Miss Maude Gilchrist, Miss Agnes Hunt, Dr. C. F. Langworthy, and Dr. L. B. Mendel.

### PROGRAM.

#### *Monday, July 1.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. H. C. Sherman, professor of food chemistry, Columbia University: Functions of Food and of the Digestive Ferments.
- 9.30-11.30 a.m. Dr. J. Merritt Matthews, consulting chemist to the textile industries, New York City: Fundamental Properties of Textiles.
- 1.00-3.00 p.m. Conference, led by Mrs. Alice P. Norton, University of Chicago: General Scope of the Work.
- 2.00-3.00 p.m.<sup>1</sup> Dr. T. N. Carver, professor of political economy, Harvard University: The Law of Limiting Factors and Its Bearing upon the Distribution of Wealth and Population as Between Country and City.

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<sup>1</sup> Given in the Graduate School of Agriculture.



- 2.00-3.00 p.m.<sup>1</sup> Dr. H. N. Ogden, professor of sanitary engineering, Cornell University: Methods of Estimating the Value of Sanitation.
- 1.00-3.00 p.m. Bacteriology Laboratory, Dr. Otto Rahn, assistant professor of bacteriology, Michigan Agricultural College. Chemistry Laboratory, Prof. Frank S. Kedzie, Michigan Agricultural College.
- 3.00-5.00 p.m.<sup>1</sup> Dr. Sherman: Seminar.

*Tuesday, July 2.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. Sherman: Protease and Lipase.
- 9.30-11.30 a.m. Dr. Matthews: Textile Fibers, Wool and Hair Fibers, Related Fibers.
- 1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.
- 2.00-3.00 p.m.<sup>1</sup> Dr. Carver: The Economizing of Human Energy in Rural as Compared with Urban Industries.
- 2.00-3.00 p.m.<sup>1</sup> Dr. Ogden: Pure Water and the Results of Pollution.
- 3.00-5.00 p.m. Dr. N. E. Goldthwaite, assistant professor of household science, University of Illinois: The Principles of Jelly Making.

*Wednesday, July 3.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. Sherman: Sucrase and Amylase.
- 9.30-11.30 a.m. Dr. Matthews: Silk: Microscopical and Physical Properties. Chemical Nature and Property of Silk.
- 1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.
- 2.00-3.00 p.m.<sup>1</sup> Dr. Carver: The Economizing of Land.
- 2.00-3.00 p.m.<sup>1</sup> Dr. Ogden: The Purification of Water.
- 3.00-5.00 p.m. Dr. Sherman: Seminar-Dietetics.
- 8.00-10.00 p.m. Public Opening: Dr. Armsby presiding. President Snyder, Dean Shaw, Dr. True, Dean Gilchrist.

*Thursday, July 4.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. Sherman: Utilization of Specific Food Materials (1).
- 9.30-11.30 a.m. Dr. Matthews: Vegetable Fibers: Physical Structures, Chemical Constitution, Chemical Reactions.
- 1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.
- 2.00-3.00 p.m.<sup>1</sup> Dr. Carver: Do We Want a Larger Product per Acre, or a Larger Product per Man?
- 2.00-3.00 p.m.<sup>1</sup> Dr. Ogden: Sewerage and Sewage Disposal by Dilution.
- 3.00-5.00 p.m. Dr. Matthews: Seminar-Textiles.

*Friday, July 5.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. Sherman: Utilization of Specific Food Materials (2).
- 9.30-11.30 a.m. Dr. Matthews: Chemical Reactions (continued): Dye Stuffs. Conditions of Mercerizing. Properties of Mercerized Cotton.

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<sup>1</sup> Given in the Graduate School of Agriculture.

- 1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.  
 2.00-3.00 p.m.<sup>1</sup> Dr. Carver: The Rural Population.  
 2.00-3.00 p.m.<sup>1</sup> Dr. Ogden: Sewage Purification.  
 3.00-5.00 p.m.<sup>1</sup> Dr. Carver: Seminar.

*Saturday, July 6.*

- 9.00-11.00 a.m.<sup>1</sup> Conference, College Instruction in Agriculture, led by Dean T. F. Hunt, Pennsylvania State College.

*Monday, July 8.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. L. B. Mendel, professor of physiological chemistry, Yale University: The Biochemistry of Selected Tissues.  
 9.30-10.30 a.m. Conference: Aims in Domestic Science Teaching, led by Miss Ruth Wardall, Ohio State University.  
 11.00-12.00 a.m.<sup>1</sup> Dr. C. E. Marshall, professor of bacteriology and hygiene, Michigan Agricultural College: Biology of the Cell. The General Nature of the Cell and its Metabolism.  
 1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.  
 2.00-3.00 p.m.<sup>1</sup> Mr. C. J. Galpin, lecturer on country life, Department of Agricultural Economics, University of Wisconsin: What is a Rural Community? How to Study it by Means of a Survey.  
 3.00-5.00 p.m. Dr. Mendel: Seminar.

*Tuesday, July 9.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. Mendel: Enzymes and Fermentations.  
 9.00-11.00 a.m. Miss Agnes Hunt, professor of domestic science, Michigan Agricultural College: Effects of Heat on Protein. Demonstration.  
 11.00-12.00 a.m.<sup>1</sup> Dr. W. G. Giltner, research assistant in bacteriology, Michigan Agricultural College: Biology of the Cell. The Toxins of the Cell.  
 1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.  
 2.00-3.00 p.m.<sup>1</sup> Mr. Galpin: Community Festivals as Agencies of Social Contact.

*Wednesday, July 10.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. Mendel: Food Transportation within the Organism.  
 9.00-11.00 a.m. Prof. Hunt: Effects of Heat on Fats. Demonstration.  
 11.00-12.00 a.m.<sup>1</sup> Dr. Otto Rahn, assistant professor of bacteriology, Michigan Agricultural College: Biology of the Cell. Energy of the Cell.  
 1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.  
 2.00-3.00 p.m.<sup>1</sup> Dr. W. O. Hedrick, professor of history and economics, Michigan Agricultural College: Human Ecology—Environmental Conditions.  
 8.00-10.00 p.m.<sup>1</sup> Conference, led by Dr. J. M. Coulter.

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<sup>1</sup> Given in the Graduate School of Agriculture.

*Thursday, July 11.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. Mendel: Newer Researches on Nutrition in Growth and Maintenance.  
9.00-11.00 a.m. Prof. Hunt: Effects of Heat on Carbohydrates. Demonstration.  
11.00-12.00 a.m.<sup>1</sup> Mr. C. W. Brown, research assistant in bacteriology, Michigan Agricultural College: Biology of the Cell. Enzymes of the Cell.  
1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.  
2.00-3.00 p.m. Dr. Hedrick: Human Responses.  
3.00-5.00 p.m. Dr. Mendel: Seminar. Teaching of Dietetics and Hygiene in Dress.

*Friday, July 12.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. Mendel: Synthesis in Nutrition.  
9.00-10.00 a.m. Dr. Sophonisba P. Breckinridge, assistant professor of social economy, University of Chicago: The Spending of Money.  
10.00-11.00 a.m. Dr. Breckinridge: Economic Coöperation of Women.  
11.00-12.00 a.m.<sup>1</sup> Dr. F. H. Van Suchtelen, research assistant in Bacteriology, Michigan Agricultural College: Biology of the Cell. The Products of the Cell.  
1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.  
2.00-3.00 p.m.<sup>1</sup> Dr. Hedrick: The New Geography.  
3.00-4.00 p.m. Dr. Breckinridge: Woman's Responsibility for the Condition of the Wage Earner.  
4.00-5.00 p.m. Dr. Breckinridge: Standardization of the Care of Children.  
8.00-10.00 p.m.<sup>1</sup> Conference: Agricultural Research, led by Dean H. L. Russell.

*Monday, July 15.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. Oscar Riddle, research associate, Carnegie Institute, Chicago: Embryology and Evolution. The Two Aspects of Development.  
9.30-10.30 a.m. Conference: Teaching of Textiles, led by Mrs. L. L. Peppard, Michigan Agricultural College.  
1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.  
3.00-5.00 p.m.<sup>1</sup> Dr. Riddle: Seminar.

*Tuesday, July 16.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. Riddle: The Elementary Phenomena of Development.  
9.30-10.30 a.m. Miss Minna C. Denton, assistant professor of bacteriology and sanitation, Lewis Institute, Chicago: Newer Aspects of Sanitation. Ventilation.  
1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.

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<sup>1</sup> Given in the Graduate School of Agriculture.



*Wednesday, July 17.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. Riddle: The Physiological Basis of Sex.  
 9.30-10.00 a.m. Prof. Denton: Relation of the Consumer to the Improvement of the Sanitary Quality of the Milk Supply.  
 1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.  
 8.00-10.00 p.m. Conference with the Graduate School of Agriculture, Extension Work, led by Mr. Tuck of Cornell University.

*Thursday, July 18.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. Riddle: The Physiology of the Development of Color Characters (1).  
 9.30-10.30 a.m. Prof. Denton: Some Points in Sanitation.  
 11.00-12.00 a.m. Dr. C. F. Langworthy, Chief of Nutrition Investigations, U. S. Department of Agriculture: Respiration Calorimeters.  
 1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.  
 3.00-5.00 p.m. Conference: Extension Work, led by Miss L. A. Harkins, Montana Agricultural College.

*Friday, July 19.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. Riddle: The Physiology of the Development of Color Characters (2).  
 9.30-10.30 a.m. Prof. Denton: Teaching of Sex Hygiene.  
 11.00-12.00 a.m. Dr. Langworthy: Evolution of Table Manners and Customs.  
 1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.  
 4.00-5.00 p.m. Mr. Michael Carmichael Carr, Theory and Practice of Art, University of Missouri: The Meaning of Dress.  
 8.00-10.00 p.m. Conference with the Graduate School of Agriculture, Agricultural Extension, led by Prof. G. I. Christie.

*Saturday, July 20.*

- 8.00-9.30 a.m. Mr. Carr: The Costume of the Future.

*Monday, July 22.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. E. B. Forbes, chief of nutrition, Ohio Experiment Station: The Mineral Elements in Animal Nutrition. The Mineral Elements in Relation to General Physiology.  
 9.30-10.30 a.m.<sup>1</sup> Mr. R. M. Washburn, associate professor of dairy husbandry, University of Minnesota: Nutritive Value of Various Milks. Survey of the Field. Plan of the Experiments.  
 11.00-12.00 a.m. Conference: Courses of Instruction, led by Mrs. Alice P. Norton, University of Chicago.  
 1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.  
 3.00-5.00 p.m. Dr. Forbes: Seminar.

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<sup>1</sup> Given in the Graduate School of Agriculture.

*Tuesday, July 23.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. Forbes: The Balance of Basic and Acid Compounds in Nutrition.  
9.30-10.30 a.m.<sup>1</sup> Prof. Washburn: Fat vs. Lean Milk. A Study of Correctives.  
11.00-12.00 a.m. Miss Grace Smith, Technical High School, Springfield, Mass.: Industrial History as Related to the Teaching of Textiles.  
1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.  
3.00-5.00 p.m.<sup>1</sup> Dr. Forbes: Seminar.  
4.00-5.00 p.m. Dr. Edna D. Day, professor of Home Economics, University of Kansas: The Effect of Cooking on Vegetable Foods. Starch.

*Wednesday, July 24.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. Forbes: Individual Elements and Their Compounds in Metabolism.  
9.30-10.30 a.m.<sup>1</sup> Prof. Washburn: Holstein vs. Jersey Milk. Homogenized vs. Normal Milk.  
11.00-12.00 a.m. Miss Smith: Early History of Textiles. Linen and Wool.  
1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.  
4.00-5.00 p.m. Prof. Agnes Hunt: Investigation for the Undergraduate.  
8.00-10.00 p.m.<sup>1</sup> Conference: The Practicum Side of Secondary Instruction in Agriculture, led by Prof. W. H. French, Michigan State Agricultural College.

*Thursday, July 25.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. Forbes: Practical Considerations.  
9.30-10.30 a.m.<sup>1</sup> Prof. Washburn: Increasing Bone Strength. Conclusions and Commercial Considerations.  
11.00-12.00 a.m. Miss Smith: The Industrial Revolution.  
1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.  
4.00-5.00 p.m. Dr. Day: The Effect of Cooking on Vegetables (cont.). Cellulose.  
7.30-9.00 p.m.<sup>1</sup> Conference: Collegiate Instruction in Agriculture, led by Dr. True.

*Friday, July 26.*

- 8.00-9.00 a.m.<sup>1</sup> Dr. Forbes: Methods of Investigation and Interpretation of Results.  
9.30-10.30 a.m.<sup>1</sup> Prof. Washburn: The Influence of Fat, Sugar, and Gelatine in Ice Cream.  
11.00-12.00 a.m. Miss Smith: Cotton.  
1.00-3.00 p.m. Bacteriology Laboratory. Chemistry Laboratory.  
3.00-5.00 p.m.<sup>1</sup> Prof. Washburn: Seminar.

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<sup>1</sup> Given in the Graduate School of Agriculture.

## NATIONAL EDUCATION ASSOCIATION.

At the fiftieth annual convention of the National Education Association, held in Chicago, July 6 to 12, the American Home Economics Association held one session, under the Department of Manual Training and Art, in the Fullerton Hall of the Art Institute. Miss Isabel Bevier of the University of Illinois, president of the American Home Economics Association, presided.

The topic of the afternoon was The Economics of the Household, with the following papers: Distribution of Income, \$500, \$1000, and \$2000 per Year for the Family of Five, Mary S. Snow, supervisor of household arts in the public schools of Chicago; Dietetic Standards for these Various Households, Miss Bevier; and Obligations of Society toward the \$500 Income, Mrs. Raymond Robins, head of the National Women's Trade Union League of Chicago.

A discussion of the papers was given by Miss Carrie H. Lyon, instructor in cooking and housekeeping, Margaret Morrison Carnegie School for Women, Pittsburgh, and Mrs Alice P. Norton, assistant professor of household administration, University of Chicago.

That the meeting was of great interest to those in attendance at the National Education Association was evinced by the crowded attendance, filling Fullerton Hall long before the meeting was called to order, and by the several hundreds who were turned away, also by the enthusiasm displayed at the conclusion of each paper.

Other papers that were of interest to those interested in Home Economics were as follows:

### *Topic: Rural Life Conditions and Rural Education.*

1. A Social and Educational Survey of the Rural Community. Warren H. Wilson, director of missions, New York, N. Y.
2. What is Being Done to Meet the Problem:
  - (a) By the Schools of Guilford County, North Carolina. T. R. Foust, county superintendent, Greensboro, N. C.
  - (b) By the State of Oregon. L. R. Alderman, state superintendent of public instruction, Salem, Oregon.
  - (c) In North Dakota. James H. Worst, president of State Agricultural College and director of Experiment Station, N. Dak.
3. The Humanity of Highways. Mary E. DeGarmo, director of country life department, National Congress of Mothers, St. Louis, Mo.



4. The School, the College, and the English Farmer. E. J. Russell, director of Rothamsted Experimental Station, Harpenden, England.
5. What the National Government Can Do. Philander P. Claxton, United States commissioner of education, Washington, D. C.

Gardening in the Light of Racial History. Le Roy H. Harvey, Western State Normal School, Kalamazoo, Mich.

The Training of Teachers for School Gardening. S. B. McCready, Ontario Agricultural College, Guelph, Canada.

Nature Study and the City Child. John L. Randall, supervisor of children's gardens, Pittsburgh, Pa.

A Garden for Every Child. Emilie Yunker, State Normal School, Louisville, Ky.

*Discussion:* Ada Van Stone Harris, assistant superintendent of schools, Richmond, Va.

School Gardens and the Fundamentals of Education. Otis W. Caldwell, professor in University of Chicago, Chicago, Ill.

Report of the Committee on Course of Study in Agriculture. E. C. Bishop, Schools Section, Extension Department, Iowa State College of Agriculture and Mechanic Arts, Ames, Iowa, chairman.

*Discussion.*

The Relation of Better Highways to Country Life Betterment. Mary E. De Garmo, Special Agent, United States Office of Public Roads, St. Louis, Mo.

Joint Session with the American Nature-Study Society and the School Garden Association of America.

*Topic: School Gardens and Agricultural Experiment Plots for Rural Schools.*

Rural School Gardens Differentiated from City School Gardens. Van Evrie Kilpatrick, president of School Garden Association of America, 4852 Broadway, New York, N. Y.

Rural School Gardens: Results in Ontario, Canada. S. B. McCready, Ontario Agricultural College, Guelph, Canada.

Home Garden and Experiment Plots. Elliott R. Downing, assistant professor in School of Education, University of Chicago, Chicago, Ill., secretary of American Nature-Study Society.

Forestry in Rural Schools. E. R. Jackson, United States Forest Service, Washington, D. C.

*Topic: Redirection of Rural Education.*

The Work of the United States Bureau of Education. Philander P. Claxton, United States commissioner of education, Washington, D. C.

The Plans of the Special Committee of the National Education Association on Rural Education. E. T. Fairchild, state superintendent of public instruction, Topeka, Kans.

The Betterment of Rural Schools Through Agriculture: The Ohio Plan. F. W. Miller, state commissioner of education, Columbus, Ohio.

The Betterment of Rural Schools Through Boys' and Girls' Clubs: The Nebraska Plan. James E. Delzell, state superintendent of public instruction, Lincoln, Nebr.

The Work of the National Committee on Agriculture. Homer H. Seerley, president of Iowa State Teachers College, Cedar Falls, Iowa, chairman.

*Topic: The Relation of the Public Schools to the Movement for Recreational, Social and Civic Opportunity.*

1. The Schoolhouse as a Social and Civic Center. Frank P. Walsh, Kansas City, Mo.

2. How a Community May Find Out and Plan for its Recreational Needs. Rowland Haynes, field representative, Playground and Recreation Association of America, Minneapolis, Minn.

3. The Relation of Schoolhouse Architecture to the Social Center Movement. Dwight H. Perkins, Chicago, Ill.

4. The Public Library, the Public School, and the Social Center Movement. Arthur E. Bostwick, Librarian, Public Library, St. Louis, Mo.

5. The Organization and Administration of Recreation and Social Center Work. Erich C. Stern, member of State Legislature, Milwaukee, Wis.

6. The School as a Recreation Center. Jane Addams, head resident, Hull House, Chicago, Ill.

7. The Social Center and the Rural Community. Herbert Quick, Editor of *Farm and Fireside*, Springfield, Ohio.

Citizen Cooperation. William H. Allen, director of Bureau of Municipal Research, New York, N. Y.

Civic and Social Center Development. Edward J. Ward, University of Wisconsin, Madison, Wis.

*Discussion:* Azile B. Reynolds, principal of Kinzie School, Chicago, Ill.; Pauline F. Witherspoon, director of social centers, Louisville, Ky.

The Significance of the Industrial Arts in the Schools. Charles Alexander McMurry, director of Normal Training School, DeKalb, Ill.

Sociological Phases of Industrial Education. Frank M. Leavitt, associate professor of industrial education, University of Chicago, Chicago, Ill.

*Discussion:* William J. Bogan, principal of Lane Technical High School, Chicago, Ill.; Charles H. Bailey, director of manual training, State Teachers College, Cedar Falls, Iowa; David Snedden, commissioner of education, Boston, Mass.

The Place of Art in the High School of Commerce. J. Earl Griffith, Central Commercial and Manual Training High School, Newark, N. J.

The Value of Art in the Industrial School. Walter Sargent, professor of aesthetic and industrial education, University of Chicago, Chicago, Ill.

The Dresden Congress. Florence E. Ellis, supervisor of drawing, Cleveland, Ohio.

*Discussion:* Rose Fetterof, state supervisor of art instruction, Harrisburg, Pa. Vocational Training Old and New. T. Vernetta Morse, president of Artcraft Institute Guild, Chicago, Ill.

The Needed Changes in Manual Arts. Fred D. Crawshaw, professor of manual arts, University of Wisconsin, Madison, Wis.

Is the Introduction of Technical Subjects in the Eighth Grade Advisable? Wilson H. Henderson, supervisor of manual training, Springfield, Ill.

*Discussion:* E. A. Wreidt, fellow in education, University of Chicago, Chicago Ill.; Robert W. Selvidge, professor of manual arts, Teachers College, University of Missouri, Columbia, Mo.; L. L. Summers, director of manual training in State Normal School, Oshkosh, Wis.; L. W. Wahlstrom, Francis W. Parker School, Chicago, Ill.

*Topic: Science in Practical Courses.*

1. Communal Chemistry: How May the Teaching of Chemistry Promote the Well-Being of the Community? Lewis B. Allyn, State Normal School, Westfield, Mass.
2. Chemistry and Household Science. J. F. Snell, MacDonald College, Ste. Anne de Bellevue, Quebec, Canada.
3. Applied Botany. George A. Works, student in agricultural education, University of Wisconsin, Madison, Wis.
4. Physics and the Equipment Problem. J. A. Randall, Pratt Institute, Brooklyn, N. Y.

JOINT SESSION WITH THE DEPARTMENT OF PHYSICAL EDUCATION.

Sexual Reproduction in Animals: The Purpose and Methods of Teaching It. Mary Putnam Blount, instructor in zoology, University High School, Chicago, Ill.

The Physical Growth of the Child and Its Hygiene. W. A. Evans, M.D., Northwestern University, Evanston, Ill.

The Selection of Physical Activities as Determined by the Laws of Growth. William H. Burnham, professor of pedagogy and school hygiene, Clark University, Worcester, Mass.

DEPARTMENT OF CHILD HYGIENE.

President's Address: The Contribution of Hygiene to Education. William H. Burnham, professor of pedagogy and school hygiene, Clark University, Worcester, Mass.

The Hygiene of Rural Schools. Fletcher B. Dresslar, specialist in school hygiene, United States Bureau of Education, Washington, D. C.

Child Hygiene in the Primary Grades. Arnold L. Gesell, assistant professor of education, Yale University, New Haven, Conn.

DEPARTMENT OF SCIENCE INSTRUCTION.

President's Address, David Starr Jordan, president of Leland Stanford Junior University, Stanford University, Cal.

Eugenics. William A. McKeever, State Agricultural College, Manhattan, Kans. Scientific Study of the Psychology and Physiology of Adolescence:

- (a) A Study in Adolescent Efficiency. J. H. McCurdy, director of physical department, International Y. M. C. A. Training College, Springfield, Mass.
- (b) A Psychological Classification of High School Boys. George E. Dawson, director of department of child study, Henry Barnard School, Hartford, Conn.



*Topic: The Public Schools and the Public Health.*

1. The Duty of the State in the Medical Inspection of Schools; Results which the Public may Rightfully Expect. Fletcher B. Dresslar.

2. The Teaching of Hygiene in the Schools: Public, Personal. David Starr Jordan, president of Leland Stanford Junior University, Stanford University, Cal.

3. Sanitation in the Rural Community. Charles E. North, M.D., New York, N. Y.

4. Medical Inspection and Medical Freedom. Charles A. L. Reed, M.D., Cincinnati, Ohio.

5. Some Problems in Education, as Related to the Public Health. Harvey W. Wiley, contributing editor and director of bureau of foods and health, *Good Housekeeping Magazine*, Washington, D. C.

Educational Values of the School Yard, or Playground. E. B. De Grott, superintendent of playgrounds and sports, South Park Commission, Chicago, Ill.

*Discussion.*

Facilities for Industrial Training. Charles A. Prosser, secretary of Society for the Promotion of Industrial Education, New York, N. Y.

Continuation Schools. Edwin G. Cooley, Chicago, Ill.

*Discussion.*

(a) The High School Course in General Science. V. G. Barnes, High School, Madison, Wis.

*Discussion:* Ada L. Weckel, Oak Park and River Forest Township High School, Oak Park, Ill.

(b) Method in the General Science Course. John G. Coulter, Bloomington, Ill.

*Discussion:* W. L. Eikenberry, University High School, Chicago, Ill.

## ANNUAL MEETING AMERICAN HOME ECONOMICS ASSOCIATION.

The annual meeting of the American Home Economics Association will be held at Simmons College, Boston, Mass., Tuesday, December 31, 1912, to be preceded by the annual dinner on Monday evening, December 30. The Association will be the guests of the New England Association at the Boston meeting. The program follows:

*Monday, December 30, 6 p.m.* Informal dinner under the auspices of the New England Association. Tickets \$1.25, may be secured in advance by addressing Miss Dodd, Garland School, Boston, Mass.

Roll call and reports from the field with informal discussion.

*Tuesday, December 31, 9.30 a.m.* Meeting at Simmons College: Papers: "Research Related to Household Economics," Miss Kingsbury, Simmons College, and Director of Research, Women's Industrial and Educational Union, Boston. "Household Economics and Social Service," Mrs. Eva W. White, of Elizabeth Peabody House and Massachusetts State Education Department.

"A College Course in Household Economics," Benjamin R. Andrews, Teachers College, Columbia University.

*1 p.m.* Luncheon at the Simmons College Refectory, followed by an address by Dr. Snedden, Massachusetts Commissioner of Education.

*3 p.m.* Annual Business Meeting.

Report of president, Miss Isabel Bevier, University of Illinois.

Report of Editorial Board, Dr. C. F. Langworthy, U. S. Department of Agriculture.

Report of Administration Section, Miss Sarah Louise Arnold, Simmons College, Chairman.

Report of Housekeepers Section, Mrs. Lyndan Evans, Chairman.

Report of Ellen H. Richards Memorial Fund, Dr. B. R. Andrews, Chairman.

Report of Committee on Constitution and By-Laws, Miss Adelaide Nutting, Chairman.

Report of Committee on Publicity and Progress, Mr. Maurice Le Bosquet, Chairman.

Report of Committee on Legislation.

Report of Committee on Nominations and Elections, Prof. Henry C. Sherman, Chairman.

*8 p.m.* "Municipal and Business Relations of Home Economics." Speakers to be announced later.

The annual meeting of 1913 will be held the last week of June, 1913, at Cornell University, Ithaca, New York.





Series 1

January 1913

No. 2

# BULLETIN

## American Home Economics Association

HOME  
INSTITUTION  
SCHOOL



PUBLISHED QUARTERLY

by the

AMERICAN HOME ECONOMICS ASSOCIATION  
ROLAND PARK BRANCH, BALTIMORE, MD.

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matter pending

# The American Home Economics Association.

ORGANIZED DEC. 31, 1908.

INCORPORATED MAY 12, 1909.

The American Home Economics Association exists for the purpose of bringing together those interested in the bettering of conditions in the home, the school, the institution, and the community.  
Annual dues \$1.00

## PRESIDENT

SARAH LOUISE ARNOLD,  
Simmons College, Boston, Mass.

## VICE-PRESIDENTS

MARTHA VAN RENSSELAER,  
Cornell University, Ithaca, N. Y.

ABBY L. MARLATT,  
University of Wisconsin, Madison, Wis.

BENJAMIN R. ANDREWS,  
Teachers College, Columbia University, New York City.

## SECRETARY

ISABEL ELY LORDE,  
Pratt Institute, Brooklyn, N. Y.

## TREASURER

C. F. LANGWORTHY,  
1604-17th St. N. W., Washington, D. C.

## EXECUTIVE COMMITTEE

The Executive Committee is composed of the following members: The president, three vice-presidents, secretary, treasurer, and additional members of the Council, chosen by the Council, viz: Alice P. Norton, Helen Kinne, Adelaide Nutting, Mary Pierce Van Zile, Isabel Bevier.

## COUNCILORS AT LARGE

### TERMS EXPIRE 1913

MRS. MARY HINMAN ABEL,  
Roland Park Branch,  
Baltimore, Md.

MISS SARAH LOUISE ARNOLD,  
Simmons College,  
Boston, Mass.

MRS. ALICE P. NORTON,  
University of Chicago,  
Chicago, Ill.

MR. GIFFORD PINCHOT,  
1615 Rhode Island Ave.,  
Washington, D. C.

MISS ELLEN C. SABIN,  
Milwaukee-Downer College,  
Milwaukee, Wisconsin.

### TERMS EXPIRE 1914

MISS JOSAPHINE T. BERRY,  
1407 Star Route St.,  
Pullman, Wash.

MISS MAMIE E. GEARING,  
The Savoy,  
Houston, Texas.

MISS HELEN KINNE,  
Teachers College,  
Columbia University,

MISS CATHARINE A. MULLIGAN,  
University of Tennessee, Knoxville, Tenn.

MR. GEORGE A. PUTNAM,  
Dept. of Agriculture, Toronto, Canada.

### TERMS EXPIRE 1915

MISS ADELAIDE NUTTING,  
Teachers College,  
New York City.

MISS MARION TALBOT,  
University of Chicago,  
Chicago, Ill.

MISS MARY URIE WATSON,  
Macdonald Institute,  
Guelph, Ontario.

MISS EDNAH A. RICH,  
State Normal School  
of Manual Arts and Home Economics,  
Santa Barbara, Cal.

MISS CAROLINE L. HUNT,  
32 Eliot St.,  
Jamaica Plain, Mass.

### TERMS EXPIRE 1916

MRS. ELLEN HUNTINGTON WHITTEM,  
9 Vincent Place,  
Cambridge, Mass.

MISS CATHERINE J. MACKAY,  
Iowa State College,  
Ames, Iowa.

MISS LOUISE STANLEY,  
University of Missouri,  
Columbia, Mo.

MISS MARY L. TUTTLE,  
Pratt Institute,  
Brooklyn, N. Y.

MRS. MARY P. VAN ZILE,  
Kansas State Agricultural College,  
Manhattan, Kansas.

### TERMS EXPIRE 1917

MISS ISABEL BEVIER,  
University of Illinois,  
Urbana, Ill.

DR. A. C. TRUE,  
U. S. Dept. of Agriculture,  
Washington, D. C.

MISS AGNES HARPIS  
Florida State College,  
Tallahassee, Fla.

MISS LETTA A. HARKNESS,  
Montana State College, Bozeman, Mont.

MISS BERTHA TERRILL,  
University of Vermont, Burlington, Vt.

## SECTIONAL COUNCILORS

Administration Section: MRS. MELVIL DEWEY, Lake Placid Club, Essex Co., N. Y.  
Housekeepers' Section: MRS. LYNDEN EVANS, 1240 Astor St., Chicago, Ill.

## REPRESENTATIVE COUNCILORS

Representative councilors are to be chosen by local societies, one for each one hundred members or fraction thereof (minimum of ten), holding paid membership in the American Home Economics Association

MABEL CAMPBELL  
Greater New York Home  
Economics Assn.,  
223 Willoughby Ave., Brooklyn.  
EMMA S. JACOBS,  
Home Economics Association  
of Washington, D. C.  
3500 11th St., N. W.,  
Washington, D. C.

S. MARIA ELLIOTT,  
New England Home  
Economics Association,  
300 The Fenway, Boston.  
L. R. ABBOTT,  
Home Economics Club  
of Grand Rapids,  
117 Barclay St.,  
Grand Rapids, Mich.

JOSEPHINE SCHIFFER,  
Iowa Home Economics  
Association,  
714 W. 15th St., Des Moines, Ia.  
MAUDE GILCHRIST,  
Michigan Home Economics  
Association,  
Mich. Agri. College.  
East Lansing, Mich.

AMERICAN HOME ECONOMICS ASSOCIATION,

ROLAND PARK BRANCH, BALTIMORE, MD.

## REPORT OF THE FIFTH ANNUAL MEETING, AMERICAN HOME ECONOMICS ASSOCIATION.

The fifth annual business meeting of the American Home Economics Association was held December 31, 1912, at Simmons College, Boston. In the absence of the President, Miss Bevier, the first vice-president, Dr. Langworthy, presided.

The Chairman announced the appointment of the following committees: *On Resolutions*, Miss Anna Barrows, Miss Vita Franklin and Miss Adelaide M. Abell; *On Audit*, Mr. Frank Whitcomb and Miss Alice R. Griswold.

*Secretary's Report.*—The report of the Secretary of the Association was presented by Mr. Andrews as follows:

The fourth year of the American Home Economics Association has been marked with progress. Time has tested the home economics idea, and it has shown its inherent power. The spirit of the leader who has gone has very evidently become a part of the life of the organization, and the work for social welfare which started in the woman's division of the Massachusetts Institute of Technology, and that in quite an unofficial way, is now finding support in a thousand institutions throughout the land. The celebration of the seventieth anniversary of the birth of Ellen Swallow Richards on December 3, which took place in colleges, normal schools, public schools, and in women's organizations in every state and throughout Canada, demonstrated that the art of right living which she espoused is moving forward now in its own strength.

*The Journal of Home Economics:* July 1, 1912, marked an advanced position for the JOURNAL in securing the full time services of an assistant to the editor. A central office for the Association and the JOURNAL, referred to below, has in effect been established through this step. As always the JOURNAL has depended upon the voluntary service of its editor and contributors, and this must continue.

*Quarterly Bulletin:* The Association established in November, 1912, through the action of its Executive Committee, the quarterly *Bulletin* to be sent to all members of the Association, and to contain notices of meetings, reports of proceedings, and other official communications. The new quarterly *Bulletin* is at once a sign of membership and an objective return to those who have paid dues. These dues alone make possible the Association, the organization upon which the JOURNAL depends, the series of annual meetings, the chain of affiliated societies reaching from one end of the country to the other, the graduate school of Home Economics, and all the other activities which the Association maintains.

*Meetings:* The Association coöperated with the Manual Arts Section of the National Educational Association in its program at Chicago in July, 1912. In June, the Administration Section held its meeting at the Lake Placid Club. The annual meeting of 1912 was held at Boston, December 30 and 31. The annual meeting for 1913 will be held June 21-27, at Cornell University, Ithaca, N. Y.

*Office of the Secretary:* When the Association was organized, four years ago, the duties of secretary and treasurer were combined in a single office. The Secretary



also edited the first two numbers of the *JOURNAL OF HOME ECONOMICS*, so that in a sense all of the business of the Association was for a time centered in the hands of a single voluntary officer. Experience soon showed that there must be a division of responsibility. Arrangements were made for that permanent editorial control of the *JOURNAL OF HOME ECONOMICS*, which, beginning in the year 1909, has continued to the present, and resulted in its remarkable development. One year ago, the offices of secretary and treasurer were separated and two voluntary officers have since filled these positions. For three years one of the large items of business connected with the Secretary's office, namely, the maintenance of the membership lists and the collection of dues, has been carried on in connection with the *JOURNAL OF HOME ECONOMICS*. There remains, however, a large amount of work connected with the planning for meetings, correspondence in connection with committees, inquiries on the part of women's clubs, educational institutions and private individuals, which altogether make up a burden of responsibility with its accompanying opportunity for service, that demand more of time and attention than a voluntary officer whose working hours are otherwise occupied can well afford to give. The Association needs to adjust these demands for service. There is needed a better apportionment in the delegation of committee work, so that a greater number of the members of the Association may bear the various parts of the work. Relief can thus be afforded the position of secretary.

There is another consideration, however, which the members of the Association should have in mind. The time will soon be at hand, if indeed, it is not here already, when the Association should organize a national office with a paid staff who shall devote themselves to that sort of nation-wide service which a voluntary Association such as ours can give. One has but to look about at similar organizations: the National Housing Association, the National Child Labor Committee, the Labor Legislation Association, the Playground Association, and many others, each with its well defined field of service in which a staff of specialists is furnishing leadership from a central office. Something like this is needed in the Home Economics field, at least through the next period in the development of the movement, until our national government shall, through the Department of Agriculture, the Bureau of Education, or some other department, furnish this national directing agency, and even then, perhaps, the need for the voluntary central agency will still continue. Certain it is that our Home Economics Association might, through a salaried general secretary, develop a central bureau of information, which would be of vital service to school, household, and institution. A real beginning of such a central office has been made during the past six months in securing the full-time services of an assistant to the Editor, who has represented not only the *JOURNAL OF HOME ECONOMICS*, but also the Association itself. We must build further on this foundation and not rest content until there shall be in active service an efficient staff at a central national office. Those parts of the Association's work which can be reduced to routine should be transferred to one central office, as the information service, the affiliated relationships with local societies and women's clubs, and the development of a lecture service. There will still remain ample field for our best voluntary service.

The present Secretary has watched the development of the Association during the past four years with the greatest interest. In retiring from the office he wishes to express his appreciation of the coöperation unflinchingly extended to him by members of the Association.

*Treasurer's report:*

## I. ASSOCIATION ACCOUNT.

<i>Receipts</i> .....		\$959.80
<i>Expenditures:</i>		
Repayment of loan.....	\$195.72	
Conventions.....	248.60	
Secretary's office.....	258.67	
Treasurer's office.....	98.26	
Committees.....	146.84	\$948.09
		<hr/>
Balance on hand.....		\$11.71

## 2. JOURNAL ACCOUNT.

<i>Receipts:</i>		
Balance from 1911.....	\$641.60	
Repayment of Association loan.....	195.72	
Subscriptions.....	3316.80	
Reprints, etc.....	322.09	
Advertising.....	360.00	\$4836.21
		<hr/>
<i>Expenditures:</i>		
Journal printing.....	\$2354.61	
Editor's Office.....	228.81	
Treasurer's office.....	560.12	
Managing editor's office.....	878.02	
Advertising director.....	25.00	
Journal committee.....	105.01	
Miscellaneous printing.....	124.55	
Refunds.....	4.80	\$4280.92
		<hr/>
Journal balance on hand.....		\$555.29

## 3. ADMINISTRATION SECTION ACCOUNT.

1911 balance \$29.90; expenditures \$29.90.....No balance

## 4. PERMANENT ASSOCIATION FUND ACCOUNT.

1911 balance \$150; no expenditures.....Balance \$150

Reports were also presented from the following: Executive Committee, Editorial Board of the JOURNAL OF HOME ECONOMICS, Administration Section, Housekeepers' Section, Graduate School of Home Economics, Committee on Constitution and By-Laws, Textiles, Syllabus of Home Economics (in press), Committee on Research in Home Economics, Committee on International Congress at Ghent, Committee on Publicity, Committee on Legislation, Committee on Audit, and the Ellen H. Richards Memorial Fund, the detailed report of which is given below.

*Election of Officers.*—The Election Committee reported the returns from the nominating ballots sent out by mail to members of the Association. Mrs. Woolman and Dr. Langworthy, whose names were among those announced as receiving votes which placed them in the list of candidates for office, asked to have their names withdrawn. The request was acceded to. The following names were then presented, and on motion, by unanimous vote, the Secretary was authorized to cast the ballot of the Association for these officers who were declared elected:

*President*, for 1913: Miss Sarah Louise Arnold, Simmons College, Boston.

*Vice-Presidents*, for 1913: Miss Martha Van Rensselaer, Cornell University, Ithaca; Miss Abby L. Marlatt, University of Wisconsin; Benjamin R. Andrews, Teachers College, Columbia University.

*Secretary*, for 1913: Miss Isabel Ely Lord, Pratt Institute.

*Treasurer*, for 1913: Frederick B. Pratt, who found it impossible to serve. Charles F. Langworthy, U. S. Department of Agriculture, Washington, D. C., was appointed to fill this office.

*Members of the Council* for five years beginning 1913: Miss Isabel Bevier, University of Illinois; A. C. True, United States Department of Agriculture, Washington; Miss Agnes Harris, Florida State College, Tallahassee; Miss Lilla A. Harkins, Montana State College, Bozeman; Miss Bertha Terrill, University of Vermont, Burlington, Vermont.

*Member of Nominating Committee* for five years, beginning 1913: Miss Anna Barrows, Teachers College, Columbia University.

The business being concluded the chairman asked Mrs. Abel to address the convention.

At the conclusion of Mrs. Abel's address, the convention was declared adjourned.

BENJAMIN R. ANDREWS,  
*Secretary, American Home Economics Association.*

## ELLEN H. RICHARDS MEMORIAL FUND.

### REPORT PRESENTED AT THE FIFTH ANNUAL MEETING OF THE AMERICAN HOME ECONOMICS ASSOCIATION, BOSTON, DECEMBER 31, 1912.

In June, 1911, a meeting of friends of Mrs. Richards held at Boston resulted in a plan to raise a national fund of \$100,000 as the Ellen H. Richards Home Economics Fund, and the appointment by the Association of the following Fund Committee: Mrs. William H. Barrett, chairman, Dr. C. F. Langworthy, Miss Isabel Hyams, Miss Ednah A. Rich, Dr. Benjamin R. Andrews. The chairman of the Committee began the canvass by compiling a list of 130,000 names to be solicited personally for the uniform sum of \$1.00. State chairmen were secured who started the canvass in Massachusetts, New York, Illinois, Utah, and Texas during 1911 and the first half of 1912, and plans had been made in certain other states. Experience with the list suggested that since the list was necessarily made up of published lists of scientific societies, and similar changing lists, it was in many cases unreliable, or that the method of personal canvass was uncertain.

Up to September 20, 1912, there had been turned in by collectors \$668.72;



(in addition, of the amounts since transmitted to the Committee a large share, perhaps one-half of that received to date, is due to the canvass based on the original list). The expenses of the canvass to September 20, 1912, incurred for the list and printed matter for solicitors, was \$359.82; leaving a net balance on September 20, 1912, of \$309.00. At a meeting of the Committee on that date it was decided, temporarily at least, to abandon the use of the list, and to initiate a rapid canvass of the members of the Association, and of schools, colleges, and clubs interested in home economics. Subscriptions were to be sought in any sum, rather than the uniform amount of \$1.00; each person canvassed was asked to become himself a canvasser, or at least to suggest names of persons who might contribute; a plan was drafted for observing December 3, 1912, the seventieth anniversary of Mrs. Richards' birth, as Home Economics Day in schools, colleges, and clubs; and a Richards Home Economics Calendar was projected to be sold for the benefit of the Fund. At Mrs. Barrett's request, Mr. Andrews undertook the acting-chairmanship of the Committee, with authority to secure clerical assistance.

The acting-chairman prepared a circular asking subscriptions for the Fund, and also a program for observing Home Economics Day. Five papers were printed to aid the observance: two sketches of Mrs. Richards' life, one by Miss Caroline Hunt, and one by Miss Frances Stern, and three sketches, of Xenophon's *Oeconomicus*, of Count Rumford, and Catherine Beecher, respectively, by Dr. Andrews. The Fund circular was sent to members of the Association and subscribers to the *JOURNAL*, and the Fund circular with the Home Economics Day program and in part, the accompanying papers, to 100 colleges, 130 normal schools, 700 high schools, 300 superintendents of schools, and 1000 women's clubs. The Richards Calendar was edited by Miss Hyams, and its cost guaranteed by fifteen members of the Association. During November the canvass had the full-time services, and in December part-time services, of Mrs. Bertha Fletcher Lent, a graduate of Teachers College, who did much to make this necessarily rapid canvass a success. From September 20 to December 20, 1912, there has been received \$995.60 and expenditures of \$372.64 have been incurred. Toward the latter, the Executive Committee of the Association granted \$50.00; leaving net receipts from September 20 to December 20, 1912, of \$672.96. This with the net balance September 20 of \$309.00, makes the total balance on hand December 20, 1912, \$981.96. In addition upwards of \$250.00 is reported in the hands of collectors; making a net total for the Fund up to December 20 of approximately \$1250.00. It is important to remember that in such a canvass as this, every effort is cumulative—the canvass of 1911 as well as the recent three months' effort would long continue to show results, if nothing further were to be done. It is more important to realize that the canvass is succeeding and that complete success is possible if all will unite in a vigorous prosecution of it.

In view of these facts, therefore, the Richards Fund Committee recommends the following measures, in order that the Association may practically dedicate itself to the establishment of this living memorial of our leader, and that the canvass may be continued to a successful culmination:

(1) That a person be employed at the Association office, who is especially qualified to carry forward the canvass.

(2) That a more complete statement of the practical usefulness of such a Fund for Publication and Research be drawn up, to be published as an Association Bulletin and circulated widely under second-class postage entry.

(3) That publications under the imprint of the Richards Home Economics Fund be issued at the earliest possible date, thus furnishing a demonstration of the usefulness of such a fund.

(4) That all Association members be urged to refer to the Fund in public lectures (several members already regularly do so); and to secure press reports on the Fund and Home Economics Day (one member recently secured a half-page illustrated article in the *New York Times*, and another articles in several New Orleans papers).

(5) That schools and colleges form Richards Home Economics Clubs of their students, who may thus interest themselves in the Fund; that the alumni of such institutions be reached by alumni committees.

(6) That each member of the Association take personal interest in the canvass; canvassing personally, organizing methods of raising money locally, and sending names to the Committee.

(7) That affiliated local societies be asked to make the Fund canvass a chief item on their program for 1913 appointing a special committee of officers, and making plans for raising funds by entertainments, etc.; undertaking the canvass for states and cities as far as possible.

(8) That ways of raising funds by sales, entertainments, lectures, exhibits of the history of home economics, pageants, etc., be devised, and published.

(9) That a Home Economics Day program for 1913 be drawn up early in the year by a special committee and published in the Association *Bulletin*.

(10) That there be considered the seeking of large subscriptions from public-spirited people of wealth; individual members of the Association may find persons willing to give \$100, \$500, \$1000, or more to this practical agency for the home.

(11) That the interest of federated women's clubs be sought, especially in the observance of the Richards' Home Economics Day, December 3, 1913; and that when the Decker Endowment Fund is secured, that local clubs having household economic departments be asked to raise contributions to the Richards Fund.

BENJAMIN R. ANDREWS,  
*Acting Chairman.*

## ANNUAL MEETING.

The Annual Meeting of the American Home Economics Association will be held June 27-July 4, 1913, at Cornell University, Ithaca, N. Y. Later issues of the *BULLETIN* and the *Journal of Home Economics* will give details.

# CONSTITUTION OF AMERICAN HOME ECONOMICS ASSOCIATION.

## ARTICLE I.

### NAME.

The name of this organization shall be the American Home Economics Association.

## ARTICLE II.

### OBJECT.

1. The object of this Association shall be to improve the conditions of living in the home, the institutional household, and the community.

2. Specifically this Association shall aim to advance its purpose: By the study of problems connected with the household.

By securing recognition of subjects related to the home in the curricula of existing schools and colleges.

By securing the establishment and standardization of professional courses and schools for the training of teachers, and of home, institutional, social and municipal workers.

By encouraging and aiding investigations and research in universities, and by the State and Federal governments.

By publications professional and popular, and by meetings local and national, that knowledge may be increased, and especially that public opinion may be informed and advancement made secure by legislative enactment.

## ARTICLE III.

### MEMBERSHIP.

1. All who are actively interested in home problems are eligible to membership in the Association, including:

All professionally concerned with this field as teachers of Domestic Science and Art, Home and Institutional Economics, and allied educational fields, students, investigators, housekeepers, institution managers, social and municipal workers; interested housewives and

homemakers; professional workers in allied fields, as educators, physicians, hygienists, sanitary experts, architects, and others; clubs, associations, societies, and institutions interested in the work of this Association.

#### ARTICLE IV.

##### OFFICERS.

1. The officers shall consist of a president, three vice-presidents, a secretary, a treasurer, an executive committee, and a council.
2. The president, three vice-presidents, secretary, and treasurer shall be elected at the annual meeting and shall serve one year.
3. The council shall consist of four classes of members: (1) the six elected officers, as above specified; (2) twenty-five councilors-at-large, chosen at the annual meeting for rotating terms of five years, so arranged that five councilors shall be chosen each year after the first; (3) representative councilors, chosen for a term of one year, one from each local society which includes in its membership at least ten paid members of the American Home Economics Association. Any local society having over 100 paid members in the American Home Economics Association shall be entitled to one councilor for each 100 such members or fraction thereof; (4) the chairman of each section of the Association.
4. The executive committee shall consist of the elected officers and five councilors-at-large.

#### ARTICLE V.

##### MEETINGS.

1. There shall be an annual meeting of the Association at such time and place as the executive committee shall determine.

#### ARTICLE VI.

##### JOURNAL.

1. The Association shall issue a professional journal which shall be the property of the Association.

#### ARTICLE VII.

##### INCORPORATION.

1. The Association shall become incorporated.



## ARTICLE VIII.

## AMENDMENTS.

1. This constitution may be amended by a vote of two-thirds of the members present at any meeting, provided that notice of the proposed amendment be given in due form at the preceding annual meeting.

## BY-LAWS.

## ARTICLE I.

## ELECTION OF OFFICERS.

A nominating committee consisting of five members shall be elected by the Association for rotating terms of five years, so arranged that one member shall be elected each year after the first. The committee shall make nominations after inviting suggestions from members.

Election shall be by majority voting.

## ARTICLE II.

## DUTIES OF OFFICERS.

Sec. I. The president and vice-presidents shall have the duties usually pertaining to such offices.

Sec. II. (1) The treasurer shall as treasurer give bonds for all funds intrusted, and shall submit annual reports of receipts and expenditures, with vouchers. Money shall be paid only on the order of the chairman of the finance committee.

(2) The secretary shall, as secretary, preserve the records of the Association; shall maintain at the office a library of books and pamphlets and other material relating to the field of the Association; shall endeavor to increase the membership of the Association, and shall develop its relations with affiliated societies.

Sec. III. (1) The council shall meet one day before the annual meeting and continue in session as necessary thereafter.

(2) It shall have supervision of the business of the Association and shall pass upon matters submitted to it by the executive committee.

(3) It shall elect from its members the five members who with the president, vice-presidents, secretary, and treasurer, form the executive committee.

(4) It may fill for the year any vacancies which may occur in its membership.

Sec. IV. (1) The executive committee shall manage the business of the Association in the intervals between meetings. It shall appoint standing committees and fill such vacancies in office, with the exception of president, as may occur between annual meetings.

(2) It shall constitute the board who will hold the property of the Association, including the Journal, and be responsible for its publication.

(3) It shall arrange the time and place of the annual meeting.

(4) A meeting of this committee may be called at any time by the president of the Association. Five members shall constitute a quorum.

### ARTICLE III.

#### MEMBERSHIP.

Sec. I. Anyone who is elected by the executive committee becomes a member upon payment of dues.

Members shall consist of four kinds:

(1) Annual—dependent on payment of dues, one dollar (\$1.00).

(2) Life membership—dependent on payment of fifty dollars (\$50.00).

(3) Patrons—those who contribute one thousand dollars (\$1,000.00).

(4) Honorary membership shall consist of those whom the Association wishes to honor for exceptional service in any lines of work for which the Association stands.

The last three shall be exempt from annual dues.

Sec. II. Affiliated Local Societies—Any local organization desiring to affiliate with the American Home Economics Association shall include in its constitution the following statements: "The object of this organization is the same as that of the American Home Economics Association as stated in its constitution, Article 2. In addition, this association wishes to devote itself more specifically to the problems of Home Economics as they may develop in its local field."

### ARTICLE IV.

#### COMMITTEES.

The standing committees shall perform any work in their subject that may be assigned to them by the council or the executive commit-

tee. They shall report at the annual meeting or from time to time, as seems advisable.

#### ARTICLE V.

##### SECTIONS OF AMERICAN HOME ECONOMICS ASSOCIATION.

Sec. I. Sections shall be organized subject to the approval of the council. Each section shall have its officers, consisting of chairman, vice-chairman, secretary, treasurer, and such committees as the section shall from time to time authorize.

Sec. II. Sections shall be represented on the council of the American Home Economics Association by the chairman.

Sec. III. The general Association will provide opportunity on its program for sectional meetings, will print the proceedings of sections, and in every way possible encourage the development of sections.

#### ARTICLE VI.

##### AMENDMENTS.

These by-laws may be amended by a vote of two-thirds of the members present at any meeting, provided that notice of the proposed amendment be given in due form at least one month in advance.

#### ARTICLE VII.

Business shall be conducted according to Roberts' Rules of Order.

# LIST OF MEMBERS OF AMERICAN HOME ECONOMICS ASSOCIATION.

## LIFE MEMBERS.

NAME	ADDRESS
Mr. Melvil Dewey.....	Lake Placid Club, N. Y.
Mrs. Melvil Dewey.....	Lake Placid Club, N. Y.
Grace H. Dodge.....	262 Madison Ave., New York City.

## MEMBERS.

Abbott, L. R.....	117 Barclay St., Grand Rapids, Mich.
Abel, Mrs. Mary H.....	Roland Park Branch, Baltimore, Md.
Abell, Adelaide M.....	37 Adelaide Ave., Providence, R. I.
Adams, Amanda McCormick.....	Central High School, Detroit, Mich.
Adams, Helen.....	111 Hart St., Brooklyn, N. Y.
Addison, C.....	Victoria Hospital, London, Ontario, Can.
Agnew, Ella G.....	Burkeville, Va.
Alden, Caroline E.....	30 E. 33d St., Bayonne, N. J.
Allen, Annie E.....	263 Harvard St., Cambridge, Mass.
Allen, Bernice.....	Technical High School, Springfield, Mass.
Allen, Katherine.....	Troy, O.
Allen, Lydia G.....	24 S. West St., Media, Pa.
Allison, Inga M. K.....	Colorado Agricultural College, Fort Collins, Colo.
Alport, Ruth J.....	131 Allen St., Buffalo, N. Y.
Anderson, Annie O.....	126½ N. Flower St., Los Angeles, Cal.
Anderson, Maria B.....	Sonora, Tulumne County, Cal.
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Armstrong, Lillian M.....	101 N. 6th St., Darby, Pa.
Arnold, Mary Ellicott.....	209 Dryden Road, Ithaca, N. Y.
Arnold, Sarah Louise.....	Simmons College, Boston, Mass.
Atwater, Helen W.....	226 Washington St., Middletown, Conn.
Atwater, Ruth.....	Pratt Institute, Ryerson St., Brooklyn, N. Y.
Aylward, Emma B.....	Institutional Work, Chicago, Ill.
Babcock, Ella L.....	University of Washington, Seattle, Wash.
Bachelor, Grace D.....	Boston, Mass.
Bacon, Margaret J.....	53 Rawley St., Rochester, N. Y.
Bacon, Mrs. Mary A. C.....	Westerly, R. I.
Baer, Edith.....	Drexel Institute, Philadelphia, Pa.
Baily, Bessie.....	23 Minnie St., Santa Cruz, Cal.
Bailey, Sarah.....	Bellevue College, Bellevue, Neb.
Baird, Rose A.....	Rockford College, Rockford, Ill.



NAME	ADDRESS
Baker, Elizabeth H. ....	Swarthmore College, Swarthmore, Pa.
Balch, Emily G. ....	Wellesley College, Wellesley, Mass.
Balderston, L. Ray. ....	Teachers College, New York City.
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Baldwin, Mary F. ....	638 Fulton St., S. E., Grand Rapids, Mich.
Baldwin, W. A. ....	Hyannis, Mass.
Ballard, Mrs. J. H. ....	34 Morningside Ave. E., New York City.
Barber, Carrie B. ....	Northfield Seminary, E. Northfield, Mass.
Barber, Edith. ....	3433 Walnut St., Philadelphia, Pa.
Barclay, Mrs. Delancy H. ....	14 E. Franklin St., Baltimore, Md.
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Barnard, Chas. ....	344 S. Catilina Ave., Pasadena, Cal.
Barnum, Mrs. Nathaniel C. ....	350 Oxford St., Rochester, N. Y.
Barrett, Blanche. ....	Vassar College, Poughkeepsie, N. Y.
Barrett, Emma. ....	1511 Boylston Ave., Seattle, Wash.
Barron, Hazel. ....	641 N. 7th St., Grants Pass, Ore.
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Barrows, Mary. ....	Huntington Chambers, Boston, Mass.
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Bartlett, Mrs. Jessie Mary. ....	815 Maple Ave., Terre Haute, Ind.
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Benedict, Sarah. ....	430 S. Ashland Blvd., Chicago, Ill.
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Bevier, Isabel. ....	Urbana, Ill.
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Bishop, Lana. ....	Technical High School, Cleveland, O.

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Blood, Alice F. ....	10 Humboldt St., Cambridge, Mass.
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Board of Education. ....	Grand Rapids, Mich.
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Bookwater, Mrs. Alfred S. ....	3324 Perkins Ave., Cincinnati, O.
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Bradt, Mrs. S. E. ....	De Kalb, Ill.
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Gillet, Lucy H. ....	Illinois Women's College, Jacksonville, Ill.
Gilmore, Jennie W. ....	McKinley High School, St. Louis, Mo.
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Graves, Lillian	San Dimas, Cal.
Graves, Mrs. Louisa	118 White St., Syracuse, N. Y.
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Shepperd, J. L.	Bethesda P. O., Mont. Co., R. F. D. Drummond, Md.
Sherer, Bessie D.	Scranton, Pa.
Sherman, Henry C.	Columbia University, New York City
Sherman, Mrs. H. C.	Hastings-on-Hudson, N. Y.
Shilling, Ida M.	432 N. Pacific St., Cape Girardeau, Mo.
Shoe, V. Ethrelda.	232 N. 5th St., Philadelphia, Pa.
Siebert, Gertrude.	131 W. Wayne St., Butler, Pa.
Siemon, Lida.	2200 Parkway, Bakersfield, Cal.
Sill, Ruth P.	70 Adams, St., Rochester, N. Y.
Simon, Cornelia F.	Box 6, Miller School, Va.



NAME	ADDRESS
Simpson, Frances	Plymouth, N. H.
Simpson, Marion P.	Eden P. O., Bucks County, Pa.
Sister Loretta Basil	Convent of St. Elizabeth, Convent Station, N. J.
Skinner, Alice	811 E. 5th St., Fairbury, Neb.
Slaght, Mrs. Elizabeth	221 Mt. Vernon St., Grand Rapids, Mich.
Small, Mary E. L.	294 Hudson St., Buffalo, N. Y.
Smedley, Emma	6 E. Front St., Media, Pa.
Smellie, M.	Macdonald Hall, O. A. C., Guelph, Ont.
Smith, Anna E.	State Normal School, St. Cloud, Minn.
Smith, A. L.	75 Pine St., Florence, Mass.
Smith, Bertha S.	107 N. 47th St., Seattle, Wash.
Smith, Gertrude Morris	223 Lyon St., Grand Rapids, Mich.
Smith, Laura A.	823 Sterling Place, Brooklyn, N. Y.
Smith, Lillie C.	1 Winchester St., Suite 4, Brookline, Mass.
Smith, Mrs. Marshall E.	4103 Pine St., Philadelphia, Pa.
Smith, Sybil L.	Miss Capen's School, Northampton, Mass.
Snow, Jennie H.	School of Education, University of Chicago, Chicago, Ill.
Snow, Mary S.	Board of Education, Tribune Building, Chicago, Ill.
Southard, Lydia	1230 Amsterdam Ave., New York City
Southwick, M. Aura	319 S. Michigan St., Plymouth, Ind.
Speer, Editha Lou	Berea, Ky.
Spooner, Ella J.	Simmons College, Boston, Mass.
Sprague, Villa	Care of McKendree College, Lebanon, Ill.
Spray, Mabel R.	Arlington Heights, Ill.
Spring, Helen M.	Drexel Institute, Philadelphia, Pa.
Stahl, Florence	239 Orchard St., Mt. Oliver Station, Pittsburgh, Pa.
Stanley, Louise	1215 Hudson Ave., Columbia, Mo.
Stannard, Mrs. J. H.	19 Chestnut St., Boston, Mass.
Stavers, Mildred E.	429 N. St. Louis Ave., Chicago, Ill.
Stephens, Rhoda M.	515 Nebraska St., Sioux City, Iowa
Stern, Frances	14 Fessenden St., Jamaica Plains, Mass.
Stevens, Grace E.	Michigan Agricultural College, East Lansing, Mich.
Stevens, Mrs. O. H.	32 Pleasant St., Marlboro, Mass.
Stevens, Rose C.	343 Hamilton St., Albany, N. Y.
Stevenson, Bertha	69 Bedford St., Boston, Mass.
Stewart, Frances E.	414 N. Normal Parkway, Chicago, Ill.
Stewart, Gwendolyn	Santa Barbara, Cal.
Stewart, Isabel L.	New Haven Hospital, New Haven, Conn.
Stickney, Delia M.	503 Huron Ave., Cambridge, Mass.
Stiles, Margaret	Spokane Bridge, Wash.
Stocking, Mary B.	86 Charles St., Boston, Mass.
Stocking, Mary E.	368 Atlantic Ave., Pittsburgh, Pa.
Stone, Abbie	2020 Green St., Philadelphia, Pa.
Stoner, Minna A.	Agricultural College, N. D.
Stoody, Bess L.	Akron, N. Y.
Strong, Eunice E.	32 Ashland St., New Bedford, Mass.
Strong, Mrs. A. G.	2717½ Harris Ave., Norwood, Cincinnati, O.

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Sullivan, Grace. ....	New York State Training School for Girls, Hudson, N. Y.
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Swenson, Sadie. ....	College of Industrial Arts, Denton, Tex.
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Sykes, Carol. ....	Scranton, Pa.
Taber, Mae A. ....	439 W. 6th St., Plainfield, N. J.
Tainter, Grace. ....	556 Lafayette Ave., Brooklyn, N. Y.
Talbot, Marion. ....	Green Hall, University of Chicago, Chicago Ill.
Talbot, Winthrop. ....	Drawer N., Cleveland, O.
Taylor, Ellen. ....	414 Hamilton Ave., Norfolk, Va.
Taylor, John Lewis. ....	Dane Hall, Cambridge, Mass.
Telford, Mrs. Emma P. ....	Edgewood Lane, Palisade, N. J.
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Thompson, Christiana M. ....	34½ E. 12th St., New York City
Thompson, E. B. ....	18 Florence Ave., Morris Cove, Conn.
Thompson, Helen B. ....	Kingston, R. I.
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Torrey, Britannia. ....	Everett, Wash.
Torry, Mary. ....	711 Daisy Ave., Long Beach, Calif.
Tough, Mary. ....	State College, Brookings, S. D.
Townsend, Mary L. ....	Cedar Falls, Iowa
Tracy, Harriet. ....	Box 799, Eureka, Calif.
Treat, Nola. ....	Decatur Public Schools, Decatur, Ill.
Treganza, Alice. ....	1107 N. Prairie St., Bloomington, Ill.
Trenholm, M. De G., East Side House Settlement, 540 E. 76th St., New York City	
Trimble, M. Lillian. ....	2338 Ransome Ave., Oakland, Cal.
Trowbridge, Eleanor E. ....	Peace Dale, R. I.
Trowbridge, Mrs. N. F. ....	Windsor, Vt.
Truman, Edna. ....	Redwood City, Cal.
Tudor, Mrs. C. W. ....	Oxford, O.
Turner, Annabell. ....	112 S. Mills St., Madison, Wis.
Turner, Louise G. ....	1400 Laurel Ave., Knoxville, Tenn.
Turner, Mrs. Wm. L. ....	550 Mitchell Ave., Avondale, Cincinnati, O.
Turrell, Lucretia G. ....	Montrose, Susquehanna County, Pa.
Tuttle, Mary Louisa. ....	Pratt Institute, Brooklyn, N. Y.
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Twiss, Fannie A. ....	Collegiate Institute, Galt, Can.

NAME	ADDRESS
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Van Deusen, Myrtie C.	Kirksville, Mo.
Van Duyne, Florence.	246 Summer Ave., Newark, N. J.
Van Heyson, J.	Donora, Pa.
Van Liew, Marion S.	5225 Brooklyn Ave., Seattle, Wash.
Van Meter, Anna R.	University of Illinois, Urbana, Ill.
Van Rensselaer, Martha.	811 E. State St., Ithaca, N. Y.
Van Wormer, Florence E.	Santa Rosa, Cal.
Van Zile, Mrs. Mary P.	Manhattan, Kan.
Walker, Lula V.	2023 W. North Ave., Baltimore, Md.
Walker, Ruth.	3246-44th St., S. W., Seattle, Wash.
Walmsley, Alice Freeman.	Simmons College, Boston, Mass.
Ward, Anna L.	Box 575, Waterbury, Conn.
Ward, May.	138 E. 4th North St., Provo, Utah
Wardall, Ruth A.	Hayes Hall, O. S. U., Columbus, O.
Waring, Bernice.	2422 Hoyt Ave., Everett, Wash.
Warren, Florence E.	R. F. D. 2, Box 109 C, San Diego, Cal.
Watson, Mary Urie.	Macdonald Institute, Guelph, Can.
Way, Charlotte M.	Rockford College, Rockford, Ill.
Weaver, Herbert.	High School of Practical Arts, Roxbury, Mass.
Webster, Mrs. Grace H.	5405 Woodlawn Ave., Chicago, Ill.
Wednesday Club (The)	Tailor Ave. and Westminster Place, St. Louis, Mo.
Weer, L. E.	310 E. 22d St., Baltimore, Md.
Weigley, Mildred.	419 College Ave., De Kalb, Ill.
Weimer, Corabel.	128 N. Locust St., Denton, Tex.
Welch, Mrs. M. D.	1140 S. 34th St., Omaha, Neb.
Weld, Emma S.	Red Lake Falls, Minn.
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Wells, Florence E.	1023 Madison St., Saginaw, W. S., Mich.
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Welsh, Mrs. Charles.	2132 N. Washington Ave., Scranton, Pa.
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Wheeler, Ruth.	808 Oregon St., Urbana, Ill.
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White, Edna N.	Hayes Hall, O. S. U., Columbus, O.
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White, Hettie.	Beaver, Utah

NAME	ADDRESS
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Willard, Florence	16 Mead Ave., Passaic, N. J.
Willett, Ethel	High School, Jersey City, N. J.
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Williams, Alice M.	19 Lyman St., Lynn, Mass.
Williams, Edith C.	LaSalle Seminary, Auburndale, Mass.
Williams, Grace I.	Milwaukee-Downer College, Milwaukee, Wis.
Willits, Louie K.	Parkview Apts., Sacramento, Calif.
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Wilson, Wm. A.	417 Commercial Bank, Houston, Tex.
Winchell, Cora M.	176 Elm St., Mt. Vernon, N. Y.
Winchell, Florence	176 Elm St., Mt. Vernon, N. Y.
Wood, Angeline	Alfred, N. Y.
Wood, Mary J.	West Broadway, Sedalia, Mo.
Wood, Thomas D.	Columbia University, New York City
Woodward, Winona	900 W. Broadway, Columbia, Mo.
Woolman, Mrs. Mary Schenck	Simmons College, Boston, Mass.
Wooldridge, Ethel G.	180 Bellevue Ave., Melrose, Mass.
Worms, Jessie	759 Cass St., Milwaukee, Wis.
Wright, Ethel A.	Box 596, New Platz, N. Y.
Wright, Mary	4308 Frankford Ave., Philadelphia, Pa.
Yenawine, Ora G.	Michigan Agricultural College, East Lansing, Mich.
Young, Eva L.	302 Summerlin Ave., Orlando, Fla.

## ADDENDA.

Burton-Smith, Mrs. Frances D.	115 E. 15th St., Ansley Park, Atlanta, Ga.
Buss, Dorothy	McKinley High School, St. Louis, Mo.
Churton, Florence H.	N. Y. State School of Agriculture, Morrisville, N. Y.
Goddard, Morrill	Care Sunday Dept., New York American, New York City.
McDanell, Louise	State College of Washington, Pullman, Wash.



# BULLETIN

OF THE

American Home Economics Association

HOME INSTITUTION SCHOOL

Published Quarterly by the American Home Economics Association

Roland Park Branch, Baltimore, Md.

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SERIES I

MAY, 1913

No. 3

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THE CORNELL MEETING, JUNE 27-JULY 4, 1913.

WHY EVERYONE SHOULD COME.

For the first time the whole Association is to have a summer meeting. Those who have attended the Lake Placid Conferences and the meetings there of the Administration Section do not need to be told the value of the beautiful, restful country setting. Important as are the papers presented at our meetings, the most important part of any such gathering is the personal conference and the new acquaintances made or old ones renewed. Coöperation almost requires personal acquaintance for its success. The Cornell meeting has been planned to further this as much as possible. The Administration Section will meet with the rest of the Association and this will add much to the interest of both meetings and personnel. Cornell University offers us its hospitality, and the beauties of Ithaca and the surrounding country should tempt even those whose professional interest is not stirred. The new Home Economics Building of Cornell will be our meeting place, and all home economics workers are interested to see it.

The program has been carefully planned so that there will be no sense of hurry. Of the three possibilities for sessions—morning, afternoon, and evening—only two in any one day are given to meetings, and there are never two meetings going on simultaneously. The School for Rural Leadership is meeting at Cornell at the same time and offers many interesting programs. The expenses of the whole week will be less than those of three days at the usual meeting, and the week's result should be quite as valuable as vacation as it is for edification. The hospitality of Cornell is unlimited. Let everyone

come. To those who ask if they may bring friends the answer is that all are welcome, but that membership in the Association (\$1.00, which may be paid at the meeting) is necessary in order to get the advantages of the rates.

### THE PROGRAM.

Unfortunately it is not possible to publish the program in full, owing to the many disappointments suffered by the Program Committee. The speakers named have all promised both papers (or addresses) and their personal presence.

All meetings will be held in the Assembly Room of the new Home Economics Building. Arrangements will be made for meetings (at any time not occupied by the regular program) of special groups as they desire.

#### *Friday, June 27.*

- 10.00 a.m. Council Meeting.  
2.00 p.m. First Association Meeting:  
    Report of Secretary.  
    Report of Treasurer.  
    Reports of Committees.  
    Home Economics Work at Cornell University, Miss Martha Van Rensselaer.  
    Inspection of Cornell Home Economics Building, with guides.  
8.30 p.m. Economics in the Home from a Man's Point of View, Dr. Thomas Nixon Carver, Director of Rural Economics, U. S. Department of Agriculture.

#### *Saturday, June 28.*

- 10.30 a.m. The Social Service Side of Home Economics:  
    The Need of the Immigrant, Miss Mabel Hyde Kittredge, Association of Housekeeping Centers, New York City.  
    The Needs of the Working Child, J. J. Eschenbrenner, Membership Secretary, National Child Labor Committee.  
*Afternoon A lake trip is planned for those who care to take it.*  
8.30 p.m. Informal social meeting of the Council, to which all members of the Association are invited.

#### *Sunday, June 29.*

- 7.30 p.m. Organ Recital, Sage Chapel.  
8.30 p.m. Vocations and Culture, President George E. Vincent, University of Minnesota. (In Sage Chapel.)

*Monday, June 30.*

- 2 00 p.m. The Girl in Industry, Mr. C. E. Prosser, Executive Secretary, National Society for the Promotion of Industrial Education.  
Preparing the Girl for Industrial Vocations, Miss Mary E. Parker,  
William Penn High School, Philadelphia.
- 8.30 p.m. Home Economics and Rural Extension, Professor Otis W. Caldwell,  
University of Chicago.  
Conference on Rural Extension.

*Tuesday, July 1.*

- 10.30 a.m. Some Results from a Study of the Factors in Bread Making, Miss  
Anna W. Williams, Kansas State Agricultural College.  
Problems in the Preparation and Use of Foods, Miss Cora E. Gray,  
University of Illinois.  
Problems in the Training of Teachers:  
The Basic Work in Science, Professor J. F. Snell, MacDonald  
College, Quebec.  
The Basic Work in Art, Miss Mary Quinn, Pratt Institute.  
An Experiment in Teaching Economics, Miss Sarah J. MacLeod,  
Pratt Institute,  
*Alumni Luncheons may be arranged this noon.*
- 8.30 p.m. Acting President, T. F. Crane, Cornell University, presiding.  
President's Address, Miss Sarah Louise Arnold, Simmons College.  
The Problems of Rural Life, Dean L. H. Bailey New York State  
College of Agriculture, Cornell University.

*Wednesday, July 2.*

- 10.00 a.m.-12.30 p.m. Polls open for the election of officers.
- 10.30 a.m. Housekeepers' Section: Mrs. Lynden Evans, Chairman Housekeepers'  
Section, presiding.  
"The Best Way Yet," a discussion of housekeeping equipment  
and methods, Dr. B. R. Andrews, Teachers College, Columbia  
University, presiding.  
The Relation of House Planning to Home Economics, Mrs. Helen  
Binkerd Young, Cornell University.  
(The remainder of the program is not yet decided.)  
*Special luncheons may be arranged this noon.*

## INSTITUTION ECONOMICS SECTION

*Wednesday, July 2.*

- 8.30 p.m. Dr. Ira S. Wile, Member of Board of Education, School Lunch and  
Food Committee, New York City, presiding.  
Standards of Living, Dr. Wile.  
Organization, Man Power, and Rewards, Mrs. Annie Dewey, Lake  
Placid Club, New York.

## Thursday, July 3.

- 10.00 a.m. School Lunch Rooms:  
Miss Mary E. L. Small, Chairman, Head of Department of Domestic Science, Public Schools, Buffalo, New York.  
Report of Committee on Dietaries, Miss Florence Corbett, Teachers College, Columbia University.
- Afternoon. Trip to George Junior Republic.  
8.30 p.m. Miss Adelaide Nutting, Chairman, Teachers College, Columbia University.  
Supplies, Selecting, Buying, and Storing, Miss Nutting.  
Provisioning, Mr. Allen J. Dean, Hotel Expert, Kansas City, Mo.  
Laundry Management, Report of Committee, Miss S. Maria Elliott, Chairman, Simmons College.

## Friday, July 4.

- 10.00 a.m. Dr. William Morse Cole, Chairman, Professor Business Administration, Harvard University.  
Unit Costs, Dr. Cole.  
Institutional Farm Management, Mr. G. F. Warren, Professor Farm Management, New York State College of Agriculture, Cornell University.
- 12.00 m. Flag Raising on the Home Economics Building.  
Declaration of Independence, Liberty H. Bailey.  
Music, "Star Spangled Banner," Mrs. E. M. Chamot.  
Address and Flag Raising, Dr. Andrew D. White.
- Afternoon. Drive to Enfield Falls and picnic supper.

## RAILROAD RATES.

A rate of one fare and three-fifths has been granted by the Trunk Line Association. This includes New York State except West of Buffalo; Pennsylvania except West of Warren, Oil City, Franklin, and Pittsburgh; West Virginia, District of Columbia, Northern Virginia, Maryland, Delaware, and New Jersey. The same rates have been granted for New England. Please read carefully the following directions.

(1) Tickets may be purchased at any time from June 24-29, inclusive.

(2) Buy regular ticket to Ithaca and ask for certificate. *Do not accept a receipt.* Certificates are not obtainable at all stations, but any agent can tell you where they may be purchased.

(3) On arrival at Ithaca, deposit your ticket and 25 cents *at once* with Miss M. B. Lake. The special agent will come on June 30 to validate certificates.



(4) The reduction will not be given unless 100 certificates are presented. Everyone is therefore urged to get the certificate, even where the saving is small, as it helps others. If less than 100 certificates are turned in, the 25 cent fees will of course be returned.

The reduction gives a round trip rate from New York City of \$10.05. The best way to go from New York is by night train. The price of lower berth is \$1.50, upper berth \$1.25. The Lehigh Valley Railroad Company will be glad to run an extra train or special cars if desired. They will deliver tickets and Pullman reservations to the house if asked. Mr. W. F. Holwill, Jr., Lehigh Valley Railroad Company, 30 Flatbush Avenue, Brooklyn, will answer all questions regarding this.

#### LIVING ARRANGEMENTS.

Sage College will be used to house those in attendance at the meetings. The charge for a room will be 75 cents a day. (It is hoped that some will prefer to be two in a room, two single beds, although there will be no difference in price.) The cafeteria of the Home Economics Building will be run for the benefit of the Association, the cost of meals being, (as each individual chooses,) from 75 cents to \$1 per day.

All who wish to engage rooms are asked to do so as early as possible, for the convenience of those in charge of Sage College. For reservations address Department of Home Economics, Cornell University, Ithaca, New York, telling when you expect to arrive and whether you wish a room alone.

#### SPECIAL TRIPS.

The only trips definitely planned now are the afternoon on the lake and the visit to the George Junior Republic, named in the program. Other trips will be arranged during the week if those in attendance desire it. There are many beautiful walks and drives about Ithaca.

**Everyone is urged to come and to bring one new member.**

## COME TO CORNELL!

[PRESIDENT'S LETTER.]

All friends of Home Economics, yes, all friends of the home, are cordially invited to the summer meeting at Cornell University, whose program is printed in the pages of this BULLETIN. Come for the sake of the cause. Come for your own sake. Help us to make clearer to ourselves, to one another, and to those who need the message, all that our experience in the past years has meant.

The problems of the home can be solved only in the light of recognized laws. These laws will not be discovered nor understood except as the experience of every-day life is interpreted by the aid of science and philosophy. The home must turn to the laboratory. It must ask help from the physician, the teacher, the economist, the sociologist.

We have yet to define our field clearly, to formulate our experience, to set up an adequate course of study, to understand the means by which students and workers can be reached.

To this end every contribution is welcome. All must be weighed and judged in the open forum.

Three great opportunities are presented at the Cornell meeting. First, we shall be entertained by the Department of Home Economics of the College of Agriculture. This Department has been doing an exceedingly valuable work. The College of Agriculture is close to the farm and to the rural home. It is constantly recognizing human needs and discovering the means by which the University can meet those needs. The Department of Home Economics, therefore, does a very genuine piece of work. It reaches through its bulletin the rural home and is in correspondence with the homekeeper. Its new building will greatly increase its efficiency. We shall all be interested in seeing it and shall be glad to share the hospitality of the Department.

The second advantage lies in the program, which gives us the opportunity to meet men and women who have made valuable contributions to the world's work and who have cordially consented to share their experience with us at this meeting. It will be good to have their interpretation of our problems as they see them. This ought to prove a stimulus to the teacher, the institutional worker, and to the home-

maker. We all need the impulse to clearer thinking that comes from such interpretation. Added enthusiasm and added power ought to result from the opportunities provided by the program.

The third, and by no means the least of the advantages offered by the meeting, will be the opportunities for conference. At the table, on the excursions, at the picnics in the woods, in the going and coming, we shall meet friends and fellow workers. We shall be constantly learning intimately what their daily experience has been and how they are dealing with the problems which confront us also.

This is perhaps the essential element of progress in Home Economics. Until our science and art are clearly understood and definitely formulated, intimate discussion of this nature is indispensable. Everyone will go away from the meeting with new ideas, with clearer vision, with greater enthusiasm. We shall return to the laboratory, to the class-room, to the tenement and the home, with new vision, and shall set to work upon experiments which will add to the common knowledge and which concern the general welfare.

Home Economics means nothing unless it is shown forth in the home made better, children made stronger, mothers made wiser, fathers reënforced by the clearer understanding of their responsibilities and privileges.

The Cornell program therefore takes pains to set forth vital questions concerning the home, as it is known by various widely differing groups. The average home, with its recognized standards, its ordinary rate of expenditure, its familiar budget, is clearly in the minds of most of us. The rural home, under modern conditions, may be much reënforced by intelligent study and thought. The Conference of Rural Leaders will be going on at Cornell during our meeting, and this is an excellent opportunity for learning at first hand what matters are under discussion in rural communities, and how the interests of the rural home may be properly considered in our conferences. We shall therefore give particular attention to questions which intimately concern the rural home.

The social settlement and other similar agencies are daily revealing to us the needs of the tenement, while our schools are filled with children coming from homes which vary widely from the typical American home, as we intimately know it. It is important that we should understand the housing conditions which the city provides and should insist upon the maintenance of standards which can be heartily approved and reasonably secured.

We need to learn how Home Economics can contribute to Social Service and what courses of study will best prepare the young woman to enter upon this type of instruction. The teacher who has to deal with children in the crowded districts of the city certainly must understand the problems of the over-crowded tenement; she cannot otherwise apply her principles in efficient practice. For the sake of the teacher, as well as for our own clearer understanding, we are inviting social workers to tell us how Home Economics can serve the homes which they know best.

The institution is of interest to us as the indispensable home for many, where the responsibilities of the family are assumed by the community. Shelter, food, and clothing, are not enough, though these must be wisely provided. To make our institutions, in any sense, homes for their tenants, is one of the problems of Home Economics. We are presenting a strong program for all who are interested in the administration of institutions.

The teacher must not be forgotten. One essential provision for the future is an alliance between the principles of teaching and practical experience. The teacher of Home Economics cannot rest in her theories of the subject. The home is, to her theory, its "excuse for being." Unless through her teaching the homes of her students are made better, her time is unprofitably spent. The community has a right to demand such service from the teacher; on the other hand, the laboratory alone will not suffice for her instruction. She must know the home as it is, as well as the ideal home which she hopes to create.

It seems most important, therefore, that our conferences should give us clearer vision of the American home as it is, under all possible conditions. Our contact with those whose experience differs from ours ought to yield a finer sense of proportion and a fairer understanding of the whole field.

Let us all rally at Cornell, take hold of hands, and renew our enthusiasm for our common cause.

SARAH LOUISE ARNOLD.



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SERIES I

SEPTEMBER, 1913

No. 4

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## Date for Seventh Annual Meeting.

### *Important—All members.*

Every member of the American Home Economics Association is requested to send the Secretary *at once* a card stating which of the following times is preferable for the Annual meeting of the Association.

Christmas

Late in June

Some other time

Please give any criticisms or suggestions as to place or type of meeting.

ISABEL ELY LORD, *Secretary*

PRATT INSTITUTE, BROOKLYN, N. Y.

## MINUTES OF THE MEETING OF THE COUNCIL OF THE AMERICAN HOME ECONOMICS ASSOCIATION.

JUNE 27, 1913, 10 A.M.

Present, Miss Sarah Louise Arnold, Mrs. Melvil Dewey, Mrs. Mary H. Abel, Mrs. Alice P. Norton, Miss Catharine A. Mulligan, Miss Agnes Harris, Miss Bertha M. Terrill, Miss Lilla A. Harkins, Miss Martha Van Rensselaer, Miss Isabel Ely Lord, Dr. B. R. Andrews, Dr. C. F. Langworthy, and Miss Kathryn Root.

The President, Miss Arnold, asked for the reading of the minutes of the last meeting of the Council, even though these had been printed, in order to review rapidly matters of importance. The reading of the minutes of the Executive Committee was omitted as these had been sent to each member of the Council.

The President called on Mrs. Mary H. Abel to present, as the first topic of discussion, the need for a new department of the JOURNAL. This subject was presented at some length. Mrs. Abel said that the Housewives' Department should give authoritative information to those wishing it for application to home life, and should also give the broader relations of the home to the community. She stated that no magazine is at present doing just this work, or is in a position to do it. She presented an analysis of the "Hints to Housewives" column of a daily paper to show the type of practical matter in which interest is shown. The difficulties she presented were (a) getting papers from very busy people, and especially when no compensation can be offered; (b) securing the necessary additional editorial service; (c) getting not only the matter but the manner of presentation necessary for success in such a task. Emphasis was constantly laid on the fact that the method of getting together this information must be the scientific one.

Long discussion followed, including a discussion as to the best methods of increasing the JOURNAL circulation. It was stated by members from different parts of the country that there is a great demand from intelligent women for matter of the sort proposed.

The following motion was made and unanimously passed:

*Moved*, That the JOURNAL establish a Housekeeper's Department on the plan suggested in the discussion as soon as the funds can be secured and a year's material prepared.

The Editorial Board of the JOURNAL was asked to consider the financial side of the question, and for this purpose Miss Martha Van Rensselaer and Miss Bertha M. Terrill were asked to confer with them.

The place of the next meeting was discussed. A cordial invitation from the University of Tennessee was presented by Miss Mulligan, but it would be necessary to hold the meeting too early in June to make acceptance of the invitation possible.

Miss Arnold then presented the difficulty as to elections. The constitution requires the election of officers "for one year" at the annual meeting. As the 1912 meeting was held in December and the 1913 meeting is in June, the present officers have served but six months. Miss Arnold stated that she wished to present this matter to the Association in a regular meeting before the final decision.

Discussion followed as to the Graduate School, and especially as to the advisability of holding it with the Graduate School of Agriculture. The members present of the Committee on the Graduate School were asked to add several others to their number for a conference, and to report at a later meeting.

The President then presented the question of the revision of the constitution of the Association in order that the organization be such as to insure stability, efficiency, breadth, and growth. She announced the appointment of a Committee on the Revision of the Constitution, which is to consult with members of the Council and to report at a mid-winter Council meeting. Some discussion followed.

President then announced the committees on Resolutions and Auditing.

*Adjourned.*

JULY 1, 1913.

The Secretary read a résumé of the discussions at the previous meeting. Mrs. Abel then presented the report from the Editorial Board of the JOURNAL.

The Editorial Board has decided to establish a Housekeeper's Department in the JOURNAL OF HOME ECONOMICS, beginning February, 1914, if it prove possible to collect material for one year and if \$500 can be raised to meet the necessary extra expenses. It is planned to publish at least 15 pages in each issue.

There was further discussion favorable to the project. It was then suggested that the \$500 be raised at the Association meeting the same evening, and it was agreed to try this plan.

The question of the election of officers was again brought up, and the question of summer or winter meetings discussed. Miss Josephine T. Berry objected to the summer meeting as making it impossible for those who have summer schools to attend. Others objected to the hurried meetings in the holiday season. The question was left undecided, as far as policy is concerned, but the President stated that a summer meeting in 1914 seemed necessary, as the Association had voted to go to the far West in the summer of 1915, and to change to the winter made the intervals too irregular. There was further discussion of the Graduate School, with a resulting decision that it should be held with the Graduate School of Agriculture, which in 1914 is to be at the University of Missouri.

The President then brought up the question of the relation of sections to the Association and this was discussed at some length.

This in turn brought up the question of the budget of the Association, and Dr. Ira S. Wile made the following motion, which was unanimously passed:

*Moved*, That a Committee on Ways and Means of Financial Administration be appointed to coöperate with the Committee on the Revision of the Constitution, and to report at the same time.

Miss Helen Louise Johnson presented a letter from Mrs. Flora McDonald Thompson asking the Association to endorse her request to the Secretary of Labor to establish a Bureau of Women's Labor as part of the Department of Labor. She was directed to reply to Mrs. Thompson expressing the warmest sympathy in the interest indicated in her letter, but telling her that before the Association could append its name to a petition to establish a new bureau, there must be a much clearer statement of the means by which the organization is to work in relation to other bureaus and agencies and to the work already done by existing means.

*Adjourned.*

JULY 2, 1913, 2 P. M.

Present, Miss Sarah Louise Arnold, Miss Josephine T. Berry, Mrs. Mary H. Abel, Mrs. Alice P. Norton, Miss Catharine Mulligan, Mrs. Blanche Hyde, Miss Mary Nicholass, Miss Martha Van Rensselaer, Miss Isabel Ely Lord, Dr. B. R. Andrews, Dr. C. F. Langworthy, also Miss S. M. Elliott, Miss Marguerite B. Lake, Miss Helen Louise Johnson, Miss Keturah Baldwin, Dr. Ira S. Wile.

The President called for a first report from the Editorial Board as to the printing of the Institution Economics Section Proceedings. The Chairman, Mrs. Abel, reported as follows:

"The Editorial Board suggests the following arrangement to the Institution Economics Section: That the full proceedings, edited by the Section Secretary, be placed in the hands of the Board for publication; that the Board select three papers for publication in the October number and then print at once the proceedings including papers and discussions, reprinting any other articles they desire in later issues of the JOURNAL. The proceedings will be sold at \$1 per copy to others and at 50 cents to members of the Institution Economics Section. This the Board can do only if the proceedings do not exceed 100 pages, and if the Section can get guarantees of a sale of \$200 at both prices. If enough copies are sold to yield a profit, the Board will turn back to the Section the amount paid by its members for proceedings at 50 cents each. If the proceedings are to be issued October 1, the complete manuscript must be in the hands of the Editorial Board August 1, and in any case the three selected papers must be in the hands of the Editorial Board by that date."

Mrs. Dewey stated that separate publication did not seem advisable this year, when the meetings are of a general character. The motion was however made and passed as follows:

*Moved*, That whenever any section desires to have its proceedings published separately, a similar arrangement to that suggested in this instance by the JOURNAL OF HOME ECONOMICS may be made by the JOURNAL.

The question of the Ellen H. Richards Memorial Fund was discussed at some length. It was suggested that the home economics clubs in schools everywhere be asked to call themselves Ellen H. Richards clubs, and be encouraged to contribute to the Fund every Home Economics Day.

The question of exhibits was discussed.

The President announced that Miss Amy Louise Daniels has been appointed to the Committee on the Graduate School in place of Miss Maude Gilchrist, and that this Committee would elect its own chairman.

The Secretary reported that the full amount of \$500 for the special JOURNAL fund had been subscribed.

*Adjourned.*

ISABEL ELY LORD,  
*Secretary.*



## MINUTES OF THE EXECUTIVE COMMITTEE.

TUESDAY, JULY 1, 1913, 2.40 P.M.

Present, Miss Arnold, Mrs. Norton, Miss Lord, Dr. Andrews, Dr. Langworthy. Also, by invitation, Mrs. Mary H. Abel and Miss M. B. Lake.

The principal subject of discussion was the proposed Department for Housewives in the JOURNAL OF HOME ECONOMICS, the subject being presented by Mrs. Abel. After discussion the following motion, made by Mrs. Norton and seconded by Dr. Andrews, was unanimously passed:

*Moved*, That the Housewives' Department in the JOURNAL OF HOME ECONOMICS be entirely under the direction of the JOURNAL Board, except as they may ask the help of members.

The report of Mrs. Lynden Evans, chairman of the Housewives' Committee, was read, and as Mrs. Evans stated that she had been unable to form her committee, the following motion, made by Mrs. Norton and seconded by Dr. Andrews, was unanimously passed:

*Moved*, That the President appoint six members of the Association on the Housewives' Committee, of which Mrs. Evans is chairman.

JULY 3, 1 P.M.

Present, Miss Arnold, Miss Lord, Dr. Langworthy, Dr. Andrews. Also by invitation, Miss Martha Van Rensselaer, Mrs. Annie Dewey, Miss Flora Rose, Dr. W. M. Cole.

The October BULLETIN was discussed and the decision reached that it should contain information from the committee on Home Economics Day (Dr. B. R. Andrews, Chairman) and the minutes of the Executive Committee and Council. The question of the Proceedings (other than papers) was left for decision until it could be known what space they would take. All papers are as usual to be published in the JOURNAL OF HOME ECONOMICS.

Miss Arnold suggested that the General Federation Bulletin might give a page to the Housewives' Department when this has been begun.

The Housewives' Committee members were discussed, the announcement to be made later, when they have accepted appointment.

A request was presented from the chairman of the School Lunch Committee for a subsidy of \$50 or \$75 toward the cost of exhibit to be made in Buffalo at the International Congress on School Hygiene, and to be sent later to Knoxville for the Child Welfare Exhibit. The following motion was unanimously passed:

*Moved*, That the School Lunch Committee be given a guarantee of \$25 toward the cost of the Buffalo exhibit, provided the Institution Economics Section can give the same guarantee.

Miss Arnold presented an invitation from the Conference on Education in the South to take part in their meeting in Louisville in April 1914. After some discussion the following motion was unanimously passed:

*Moved*, That the American Home Economics Association will gladly arrange for a full afternoon or evening session at the Conference on Education in the South, provided the time can be given over wholly to the American Home Economics Association; and that the President be empowered to appoint a committee on the Conference.

The place of the next meeting was discussed, and the decision made to send out a questionnaire on the subject to all members of the Council early in September.

The Secretary reported that the Special Journal Fund (for the Housewives' Department) had been entirely subscribed.

The Executive Committee then adjourned until October.

ISABEL ELY LORD,  
*Secretary.*

NOTE. The full list of the Committee of the Association will be published in the next number of the BULLETIN.

## HOME ECONOMICS DAY, DECEMBER 3, 1913.

ANNIVERSARY OF BIRTH OF ELLEN H. RICHARDS, 1842-1911, FOUNDER  
OF HOME ECONOMICS MOVEMENT—PROGRAM FOR OBSERVANCE  
OF A HOME BETTERMENT DAY.

The setting apart of a day devoted to matters of home betterment, begun in 1912 by hundreds of schools, womens clubs and other organizations, calls forth the following suggestions for the observance of Home Economics Day in 1913-14. December 3, the anniversary of the birth of Ellen H. Richards, founder of the home economics movement, is suggested as the suitable time, although any other day may be chosen. The committee of the American Home Economics Association having in charge the Ellen Richards Home Economics Fund for Research and Publication, asks that the observance be made an occasion for securing contributions to this agency for home betterment. Suggestions are given as to papers and essays for programs in clubs and schools; and also as to home economic exhibits, surveys, pageants, tableaux, etc. A selection can be made of papers suitable for club programs, or of plans adapted to schools and colleges. Ellen Richards Clubs and other student organizations have been formed in many schools and colleges and these will in many cases take the initiative. It is urged that something worthy be undertaken for the observance and that something of local progress be sought as a result.

### *Topics for Papers and Essays.*

1. "Ellen H. Richards, the Founder of Home Economics;" "The Life of a Woman of Science;" "Breaking into College—a Woman Pioneer in Technical

Education." For materials on these and related topics, see "Life of Ellen H. Richards," C. L. Hunt, Whitcomb and Barrows, Boston (\$1.62 postpaid). For portraits of Mrs. Richards (25 cents to \$10) and pamphlet "Ellen Richards—Scientist, Author, Teacher, Apostle of the Art of Right Living" (10 cents), address American Home Economics Association, Roland Park, Baltimore, Md.

2. "Xenophon, the First Home Economist." Read Xenophon's "Oeconomicus" (Art of Household Management) chapter iii, vii-ix especially, in Bohn's classical library (Macmillan Company, \$1). Leaflet on Xenophon (2 pages, 5 cents), American Home Economics Association.

3. "Benjamin Thompson, Count Rumford, American Scientist of Household Problems." See Encyclopedias, Life of Count Rumford. Leaflet on Count Rumford (5 cents), American Home Economics Association.

4. "Catherine E. Beecher, Pioneer in Home Economics." See Encyclopedias; her books, "A Treatise on Home Economics," (1841); "Domestic Receipt Book;" "American Woman's Home or Principles of Domestic Science," etc.; article in JOURNAL OF HOME ECONOMICS, Baltimore, June, 1912. Leaflet on Catherine Beecher (5 cents), American Home Economics Association.

5. "The Home Economics Movement." See book of this title by Bevier and Usher, Whitcomb and Barrows, Boston, 75 cents; consult also "Reports of Lake Placid Conference on Home Economics" (1899-1908), JOURNAL OF HOME ECONOMICS, Baltimore, Md. (\$2 a year). 1909.

6. "Higher Education in Home Economics." This topic may be considered either, (1) for an individual state by securing catalogs of the state college or university, women's colleges, normal schools and technical schools in the state; or (2) for the entire country by securing catalogs of the home economics departments in some of the following institutions: Chicago University, Chicago; Simmons College, Boston; School of Practical Arts, Teachers College, New York City; University of Illinois, (Urbana), University of Minnesota (Minneapolis), Missouri (Columbia), Nebraska (Lincoln), Ohio (Columbus), Tennessee (Knoxville), Texas (Austin), Washington (Seattle), etc; Pratt Institute, Brooklyn; Drexel Institute, Philadelphia; Mechanics Institute, Rochester, N. Y.; Toronto University, Toronto, Canada; King's College, London, England.

7. "Household Economy Abroad—or Home Life in Foreign Lands." See encyclopedia articles, or the series of books "Home Life in Germany," "France," and other countries. Special topics may be treated, such as customs connected with home, foreign cookery, costume and dress, child life, etc.

8. "Home Economics as a Subject of Study." Consult "Syllabus of Home Economics," published, 1913, by the Ellen Richards Home Economics Fund, American Home Economics Association, Roland Park Branch, Baltimore, Md. (72 pages, 50 cents prepaid).

9. "National Movements for Home Betterment—A Survey of Voluntary Organizations for Conserving the Home." Free information is sent on request by most of the following societies: American Home Economics Association, Roland Park, Baltimore, Md.; National Child Labor Committee, 105 East 22 St., New York City; Child Welfare Exhibition Committee, 200 Fifth Ave., New York City; Department of Child Helping, Russell Sage Foundation, 105 East 22d St., New York City; American Association for the Study and Prevention of Infant Mortality, 1211 Cathedral St., Baltimore, Md.; National Consumers League, 105 East



22d St., New York City; American Federation for Sex Hygiene, 105 West 40th St., New York City.

10. "Legislation Regarding Home Economics." I. State Legislation: (write state department of education for copy of your state school laws). Does your state encourage the introduction of household arts into public elementary schools and high schools, by paying a share of the salary of the special teacher required? Many states do this. Is home economics taught in the normal schools of your state? If your state has a system of teachers training classes in high schools, is home economics a part of the required program for the intending teacher, so that every rural and other elementary teacher will be able to give at least incidental teaching in household subjects? Several states have taken advantage of this strategic opportunity. Is there a specialist in home economics education on the staff of your state education department empowered to visit local schools, advise and aid in developing a practical arts education to fit for home-making? One state has a specialist in household arts education and several have experts in vocational education including home economics—has your state? (If laws do not exist, work for the adoption of laws). What does your state do for home economics in the State college or university? Write your state college.

II. Federal Legislation: Secure copies of bills proposing (1) federal aid for extension education in agriculture and home economics—Lever-Smith bill, House of Representatives No. 1692—write your congressman for a copy; (2) federal aid for industrial and home economics teaching—write Senator Carroll S. Page for his bill in U. S. Senate and Senator Hoke Smith for his resolution (Senate joint Resolution 5) for a commission on industrial and home economics education; (3) establishment of household science experimental work at State Agricultural Experiment Stations—write Senator Reed Smoot for copy of his bill; (4) the proposal to add an expert in home economics to the staff of the U. S. Bureau of Education (write Bureau of Education, Washington, D. C.). The Legislation committee of the American Home Economics Association is asking for immediate favorable action on the Lever-Smith bill for extension teaching of home economics and agriculture, and the Smith resolution for a commission on industrial education, with action later on the other proposals; and that the work in nutrition in the U. S. Department of Agriculture be expanded to include shelter and clothing, thus completing the home economics field. (See 11 below.) Secure the bills, consider them on Home Economics Day, and write your representatives.

11. "Government Work in Home Economics." The United States Department of Agriculture, in its office of Experiment Stations, maintains work and a staff of experts in nutrition. The government work in nutrition includes the writing and publication of helpful, practical bulletins on foods, cookery, and related topics; the coördinating of scientific research on nutrition in the various agricultural experiment stations throughout the country; and the conducting of research at Washington where laboratories for nutrition investigations are provided which include in their equipment a respiration calorimeter and other apparatus for exact studies. The bulletins on foods and nutrition in the Farmers Bulletin series, are among the most famous of government publications. The superintendent of Documents, Washington, D. C., will furnish on request a list of publications on "Food and Diet." These publications have been a most important influence in developing home economics subject-matter and courses of study. The United



States Department of Agriculture is always ready to furnish any information or help possible. For further information, write Nutrition Investigations, Office of Experiment Stations, U. S. Department of Agriculture, Washington, D. C. Workers in home economics have long hoped that the natural development of the nutrition investigations of the department might provide attention also for problems of shelter and clothing, and that thus the whole subject of home economics may become the subject of attention by the federal government. At certain other points in the government service problems of home economics receive attention. What is being done is well indicated in a paper "Government Publications as a Source of Information on Home Economics," by C. F. Langworthy, Ph.D., of the U. S. Department of Agriculture, published by the American Home Economics Association, Roland Park, Baltimore, Md. (10 cents, prepaid).

*A Home Survey of Your Community.*

A Committee on Survey may be appointed to examine schools, libraries etc., report, and secure action concerning such problems as the following:

1. Is home economics taught in your schools—are cooking and sewing taught in the grades, in what grades? Do half of the girls who go through school learn to do plain cooking (remember that in most schools a large percentage of children leave school in fifth, sixth, seventh grades—find the facts in your community)? Would it be better to teach cooking in a lower grade than at present—so as to reach all? What sort of lessons actually are your girls getting? Cooking only? Any "first aid"? Home nursing? Laundry? Housewifery? Accounts? Household management? Ethics of the family? Do the girls learn to care for their own clothing, make repairs, etc.? Can every grammar school girl graduate make a wash-dress? Is the sewing taught low enough in the grades to reach practically all before they leave school?

2. Does your community have evening classes for young women employed during the day? Is there a continuation class for young married women at afternoon hours in household management, foods, care of children, etc?

3. Have your schools adequate reference books on home subjects for regular classes and continuation classes.

4. Does your public library have a special reference shelf, with books, government pamphlets, bulletins, etc., on household subjects? Is such material well used? How extend its use?

5. Would an exhibit on household betterment be useful in your community in connection with the public schools or public library? (Assistance, and often exhibits, can be secured from the home economics department of your state college or university, your state department of agriculture and pure foods, U. S. Department of Agriculture, and the home economics committee of the General Federation of Women's Clubs. In exhibits, avoid exploitation through advertising features of "pure food shows.")

6. Has your community had a series of extension lectures on domestic science, a moving or temporary school of domestic science? Write state college or university.

7. The local consultant in home economics—a household expert, either employed as a visiting domestic teacher by the charities society to work in immigrant and

other needy homes, or serving as a consulting adviser answering household inquiries on call, similar to the agricultural adviser in farming communities.

8. The woman's page of your local newspapers—is it useful to the young matron? Offer suggestions to your editors.

#### *Exhibits of Home Economics.*

Local exhibits by schools and clubs are suggested in connection with Home Economics Day. Such exhibits may be *historical*, illustrating old-time furniture, furnishing, and costume, as "The Colonial Kitchen," "Historic China," "Old Time Handicraft, Fancy Work, Samplers," etc., or *critical*, illustrating improved methods, appliances, devices, etc. Local dealers will probably cooperate and this will often lead to better results than more ambitious commercial exhibitions. School exhibits of results of pupils work in household arts, with accompanying exercises, lectures, demonstrations, may bring to a whole community some useful results of home economics teaching. The competition feature of "scoring" exhibits may be introduced and will aid in securing the attention of the community, (secure Bulletin, "Contests in Agriculture and Home Economics," Office of Experiment Stations, U. S. Department of Agriculture; and Iowa State College Bulletin on Home Economics Exhibits, Ames, Iowa). Other topics for exhibits may be: Products of local home industries; vocational opportunities in home economics—home, business, lunch room, institution, community housekeeping; ideal house plans; menus at limited cost; clothing economics; the child and the home—books, games, etc; child welfare in the community—presenting agencies and institutions for children; and exhibits with unique local reference as "The Old Plantation Home," "New England Recipes," "Dutch Dishes," "Childhood Long Ago," For suggestions see references above under Home Survey, (5); also, write Child Welfare Committee, 200 Fifth Ave., New York City and Department of Exhibits, Russell Sage Foundation, 31 Union Square, New York.

#### *Pageants, Tableaux.*

It will be found possible to organize historical and other representations with themes related to the home, which will furnish subjects and methods of study for students, or become a contribution of great interest in the community. One plan tried by a state school is that of a series of tableaux illustrating good taste in household furnishings, with clever dialogues between hostess and guests, in discussion of the materials, color, combination etc. with pointed criticism of current foolishness, as dust-catching furniture and ornate wall papers, as well as of tidies, gimcracks and knick-knacks of days gone by. A more ambitious undertaking would be a historical "Pageant of Homes," illustrating the households of various lands; or a more limited topic might be chosen as "Kitchens of Many Lands," or "Costume," on which latter subject more detailed suggestions are offered.

For a tableau on cookery no subject is perhaps as rich in possibilities as Bread, which in its various connections in history, legend, literature and art has rich resources for interesting representations. "Bread from All Lands and Ages" is a title which suggests the primitive woman at the grinding stones, events in sacred and secular history, the legend of King Alfred watching the peasant woman's cakes and allowing them to burn, customs of the wedding cake, and

holiday breads and cakes, and such literary references as "Hasty Pudding," extracts from Hiawatha and Whittier's poems. (Miss Anna Barrows of Teachers College, New York City, will be glad to give additional suggestions to schools interested in preparing such a representation.)

### *History of Costume.*

An authority on the history of costume suggests that a delightful and instructive representation can be arranged by devising a series of tableaux, with or without accompanying descriptive text, illustrating the development of dress and costume. The scope of the representation may (1) either be extended to cover the whole history of costume beginning perhaps with the Egyptian and continuing through Greek, Roman, Mediaeval, Renaissance, French Revolution and modern, in which case the new edition of the Encyclopedia Britannica will furnish in its authoritative article on "Costume" ample facts, though an exhaustive treatise such as Racinet's "History of Costume" may well be consulted in large libraries; or (2), the subject may be confined to the development of costume in America, in which case Alice Morse Earle's "Two Centuries of American Costume" (\$2.50, Macmillan Company) will supply all needed material. The coöperation of school sewing classes in making costumes is possible. Accompanying such historical and pictorial representations might well be shown exhibits on the economics of clothing, suggestions as to choice of the fabrics, good designs, color combinations, etc.,—the practical teachings of home economics in this field today. For last, see bulletins, "Hints on Clothing," Woolman, (10 cents) Teachers College, New York City and "Suggestions on Choosing Textiles," Gibbs, University of Illinois, Urbana, Ill., or the larger text, "Household Textiles," Gibbs, Whitcomb and Barrows, Boston.

### THE ELLEN RICHARDS HOME ECONOMICS FUND.

The work for national home betterment which Ellen H. Richards initiated has resulted in establishing courses of home science in a thousand American high schools and elementary schools, in a hundred normal schools, and in as many colleges and universities. In this national movement for home economics education a permanent invested fund of \$100,000 is needed; and this for three purposes which are vital to progress: (1) for popularizing scientific results by bringing to the home woman in the form of bulletins, cards of directions, and finally in an authoritative household encyclopedia, the established results of home science; (2) for publishing larger scientific papers too extensive for the JOURNAL OF HOME ECONOMICS, such as the seventy-two-page "Syllabus of Home Economics" just issued by the Richards Fund; and (3) for promoting scientific leadership so essential to progress by occasional prizes, scholarships, and fellowships to encourage exceptional advanced students. Such a foundation has been established, fittingly designated the Ellen Richards Home Economics Fund

for Research and Publication. Contributions amounting to nearly \$3000 have already been made to the Fund which is in the care of a special Board of Trustees, as follows: Prof. Robert H. Richards, Massachusetts Institute of Technology; Dean Marion Talbot, University of Chicago; President Charles W. Dabney, University of Cincinnati; Dr. C. F. Langworthy, U. S. Department of Agriculture; Mrs. Mary H. Abel, Editor of JOURNAL OF HOME ECONOMICS; Prof. Benjamin R. Andrews, Teachers College, Columbia University; Prof. Isabel Bevier, University of Illinois; Frances Stern, Boston; President Ednah A. Rich, Santa Barbara Normal School; Mrs. Annie Dewey, Lake Placid Club; James J. Walsh, M. D., Late Dean of Fordham College, New York City; and Frederick B. Pratt, Pratt Institute, Brooklyn.

#### *Contributions to Fund.*

The American Home Economics Association urges all interested in home conservation and betterment to share in this Fund by sending personal contributions, but especially by organizing a local movement in observance of Home Economics Day and in connection therewith affording an opportunity for a school, club, or community contribution. It is urged that committees on Home Economics Day be appointed and that a contribution to the Home Economics Fund be included in the plans. An admission fee may be charged for the exercises on Home Economics Day; or a contributed candy, cake or other sale made be held (one club has a plan for a series of candy sales throughout the season); a special lecture or other entertainment with admission may be arranged. A local fund committee may be organized in any school, club, or community and may easily secure one or more large contributions, while a general plan may be adopted of equal subscriptions in a small amount shared in by all members of a group. By one method or another, assume your community's share of \$10, \$50 or \$100 in this national agency for the home, and organize work and contribute such a share.

#### REPORTS.

Please send reports of your Home Economics Day observance to the American Home Economics Association, Roland Park, Baltimore, Md., or to the Chairman of Ellen Richards Home Economics Fund Committee, Prof. Benjamin R. Andrews, Teachers College, New York City.



# BULLETIN

OF THE

American Home Economics Association

HOME INSTITUTION SCHOOL

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SERIES I

DECEMBER, 1913

No. 5

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## ANNUAL MEETING

CORNELL UNIVERSITY, ITHACA, N. Y.

*June 27-July 4, 1913*

Members of the Association who were unable to attend the last annual meeting will be interested to see the program as actually carried out. This interesting meeting owed much of its success to the fact that it was in close touch with the Home Economics Department of Cornell University whose hospitality the Association enjoyed. Certain broad principles that guide this department were well stated by Dean Bailey of the College of Agriculture: "We cannot develop the best citizen in the open country without developing the women as well as the men and just as many of them. We can never reach the country life problem until we send back to the farm and small town as many well-trained women as well-trained men."

One dominant note of the meeting was the record of successful attempts to bring home economics principles to bear on the homes, especially the homes of the poor. Five excellent papers were presented that dealt with the visiting housekeeper or adviser.

## PROGRAM

*Friday, June 27*

2.00 p.m. Reports of Secretary, Treasurer, and Committees.  
Home Economics at Cornell University. Miss Martha  
Van Rensselaer and Miss Flora Rose.

- 7.30 p.m. The working girl in France. Mme. Alice Geubel de la Ruelle, Inspector of labor, France.  
Economics in the home from a man's point of view.  
Dr. Thomas Nixon Carver, Director of Rural Economics, United States Department of Agriculture.

*Saturday, June 28*

- 10.00 a.m. The Social Service Side of Home Economics.  
The need of the immigrant. Miss Mabel Hyde Kittredge, Association of Housekeeping Centers, New York City.  
The needs of the working child. Miss J. J. Eschenbrenner, Membership Secretary, National Child Labor Committee.
- 7.15 p.m. Formal opening Home Economics building.  
Reception by Department of Home Economics.

*Sunday, June 29*

- 3.15 p.m. Vocations and culture. President George E. Vincent, University of Minnesota. Sage Chapel.
- 5.00 p.m. Sunset service, library slope. Special music by Congregational church quartet.

*Monday, June 30*

- 2.00 p.m. The Industrial Side.  
Problems in the training of teachers:  
The basic work in art. Miss Mary Quinn, Pratt Institute.  
The girl in industry. Mr. C. E. Prosser, Executive Secretary, National Society for the Promotion of Industrial Education.  
Preparation for industrial vocation. Miss Mary E. Parker, William Penn High School, Philadelphia.
- 8.30 p.m. The Extension Side.  
Home economics and rural extension. Professor Otis W. Caldwell, University of Chicago.  
Discussion on rural extension.

*Tuesday, July 1*

- 10.00 a.m. The Educational Side.  
Some results from a study of the factors in bread making.  
Miss Anna W. Williams, Kansas State Agricultural College.  
Problems in the preparation and use of foods. Miss Cora E. Gray, University of Illinois.  
Problems in the Training of Teachers:  
The basic work of science. Professor J. F. Snell, MacDonald College, Quebec.  
An experiment in teaching economics. Miss Sarah J. MacLeod, Pratt Institute.
- 8.00 p.m. Acting President T. F. Crane, Cornell University, presiding.  
Organization and efficiency. Mr. H. F. J. Porter, Secretary Efficiency Society.  
President's address. Miss Sarah Louise Arnold, Dean Simmons College, Boston.  
Report on *Journal of Home Economics*. Mrs. Mary H. Abel.

*Wednesday, July 2*

- 10.00 a.m. The Housekeeper's Side. Dr. Benjamin R. Andrews, Teachers' College, Columbia University, presiding.  
Efficiency in the household. Mrs. J. George Frederick, author of "The New Housekeeping."  
Extension work. Dean Liberty Hyde Bailey, New York State College of Agriculture.  
The relation of house planning to home economics.  
Mrs. Helen Binkerd Young, Cornell University.

## INSTITUTION ECONOMICS SECTION

*Wednesday, July 2*

- 7.30 p.m. "The best way yet"; a round table on housekeeping equipment and methods.
- 8.00 p.m. Dr. Ira S. Wile, Member of Board of Education, School Lunch and Food Committee, New York City, presiding.  
Standards of living. Dr. Wile.  
Organization, man power, and rewards. Mrs. Annie Dewey, Lake Placid Club, New York.

*Thursday, July 3*

- 10.00 a.m. Miss Martha Van Rensselaer presiding.  
School lunch rooms. Miss Mary E. L. Small, chairman,  
Head of Department of Domestic Science, Public  
Schools, Buffalo.  
Report of Committee on Laundry Management. Miss S.  
Maria Elliott, Simmons College, chairman.  
The training of the school dietitian. Miss Lillian Kemp,  
Drexel Institute.  
Teaching of meals in regular class work. Miss Margaret  
L. Durdan, Buffalo, New York.
- 7.30 p.m. Miss Van Rensselaer presiding.  
Distribution of household labor. C. F. Langworthy,  
U. S. Dept. of Agriculture.  
Discussion of equipment for large numbers in institutions.
- 8.00 p.m. Miss Adelaide Nutting, Teachers' College, Columbia  
University, presiding.  
Domestic Education in the Home.  
An experiment: The visiting housekeeper's work in  
Detroit. Mrs. Bessie Bishop Bothwell, Visiting House-  
keeper. The Associated Charities, Detroit, Michigan.  
Two years of work as domestic educator. Mrs. Annie L.  
Hansen, North American Civic League for Immigrants.  
Home Economics in social work. Miss Winifred Gibbs,  
Supervisor, Home Economy Department, The New  
York Association for Improving the Condition of the  
Poor.  
Possibilities in the work of the municipal visiting house-  
keeper. Miss Emma Winslow, Visiting Housekeeper  
of the Young Women's Christian Association, Cleve-  
land, Ohio.

*Friday, July 4*

- 10.00 a.m. Dr. William Morse Cole, Professor of Business Adminis-  
tration, Harvard University, presiding.  
Unit costs. Dr. Cole.  
Institutional farm management. K. C. Livermore, Pro-  
fessor of Farm Management, and other members of the  
staff of the New York State College of Agriculture.



## GENERAL SESSION

- 12.00 m.      Flag Raising on the Home Economics Building.  
                  Poem. Liberty Hyde Bailey.  
                  Music, "Star Spangled Banner." Mrs. E. M. Chamot.  
                  Address and raising of the flag. Dr. Andrew Dickson  
                  White.

## LIST OF COMMITTEES

## FOR THE 1913 MEETING

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# BULLETIN

OF THE

## American Home Economics Association

11

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SERIES 2

MARCH, 1914

No. 1

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## ANNUAL MEETING OF THE AMERICAN HOME ECONOMICS ASSOCIATION

JUNE 30-JULY 3, 1914

The Western Reserve University, Cleveland, Ohio, has offered us hospitality for the annual meeting. As the Institution Economics Section will not meet at the same time, the meeting will not cover so many days as the last one. It will open Tuesday evening, June 30, and continue until Friday noon, July 3. The arrangement of last year, whereby one-third of the day will be left free, will again be made.

The Western Reserve dormitories will accommodate ninety of those in attendance, and the rest can be cared for at the Young Women's Christian Association in Cleveland. Exact data as to cost cannot be given yet, but living expenses for the three days need not exceed \$10. There will be no attempt to secure special railroad rates, as it was proved last year that not enough people took advantage of the offer to make it possible to get such rates.

As the 1915 meeting is to be in Seattle, those who cannot attend that should avail themselves of the opportunity to go to Cleveland. Last year's meeting was the most successful in the history of the Association, but this year's promises to be fully as interesting.

# LIST OF MEMBERS OF THE AMERICAN HOME ECONOMICS ASSOCIATION

## LIFE MEMBERS

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Rothermel, Elizabeth.....	University of Washington, Seattle, Wash.
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Smith, Elizabeth H.	3435 Campbell St., Kansas City, Mo.
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Smith, Sybil L.	Johnston Hall, Milwaukee-Downer College, Milwaukee, Wis.
Snell, J. F.	Macdonald College, Quebec, Can.
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Turner, Louise Gifford.....	1400 Laurel Ave., Knoxville, Tenn.
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Tutton, Mabel A.....	140 York St., Buffalo, N. Y.

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# BULLETIN

OF THE

American Home Economics Association

HOME INSTITUTION SCHOOL

Published Quarterly by the American Home Economics Association  
Roland Park Branch, Baltimore, Md.

Entered as Second-class Matter at the Baltimore Post Office

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SERIES 2

JUNE, 1914

No. 2

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## ANNUAL MEETING

WESTERN RESERVE UNIVERSITY, CLEVELAND, OHIO

June 30—July 3, 1914

## PROGRAM

### GENERAL ANNOUNCEMENT

This meeting has a double purpose. It presents a program of addresses as a basis for discussion, but it also makes possible the conferences of several groups, each of which is especially interested in some specific topic. To this end the general addresses and discussions will occupy the mornings, and the more formal addresses will occur in the evenings, while the afternoons will be given either to conferences, planned and announced in advance, or to excursions.

At the meeting Tuesday afternoon, June 30, the Chairmen of these conferences will be announced, and further announcements at the opening of each morning program will set forth the opportunities of the day. It is hoped that teachers and others who are interested in any specific subject will thus find ample opportunity for the exchange of views and that the conferences will become more serviceable than the prepared papers of an ordinary program.

NOTE: *All meetings will be held in the Florence Harkness Chapel unless otherwise announced.*

## Tuesday, June 30

10.00 a.m. Meeting of the Council

2.00 p.m. President's Greeting

Address of Welcome, Miss Mary E. Parker, Head of the  
Department of Household Administration, Western  
Reserve University

Reports of Committees

Appointments of Heads of Conferences and Announce-  
ments

NOTE: *The Conference of Housekeepers will be opened and  
addressed by Miss Mary F. Rausch, University of Wash-  
ington, Seattle.*

8.00 p.m. Brief Organ Recital, Professor Charles E. Clemens, Uni-  
versity Organist

*Shall the Family be Preserved?* Dr. Charles F. Thwing,  
President of Western Reserve University

Reception to the members of the Association and their  
friends, by President and Mrs. Thwing, at the Presi-  
dent's House

## Wednesday, July 1

9.30 a.m. Mrs. Mary Hinman Abel, Editor of the Journal of Home  
Economics, presiding

*The Consulting Housekeeper*, Miss Emma A. Winslow,  
Teachers College, Columbia University

*The Visiting Housekeeper in Rural Districts*, Mrs. Jane  
Dunlap, formerly President Illinois State Farmers'  
Institutes

*Buying for the Household*, Dr. Benjamin R. Andrews,  
Teachers College, Columbia University

*Teaching Children to Spend*, Miss Helen Louise Johnson,  
Chairman Home Economics Department, General Fed-  
eration of Women's Clubs

Luncheon, with roll call, Guilford House

2.00 p.m. Conferences or Excursions

4.00 p.m. Automobile Drive

8.00 p.m. Dr. J. E. Cutler, Professor of Sociology, Western Reserve  
University, will preside and will present the subject of  
the evening.

*Community Housekeeping*

*Municipal Housekeeping*, Miss Mildred Chadsey, Chief  
Inspector, Department of Public Welfare, Division of  
Health, Cleveland

*The Tenement-Housekeeper*, Miss Frances Stern, Visiting  
Agent of the Boston Provident Association

### Thursday, July 2

- 9.30 a.m. Miss Lord presiding  
*Art in the Home*, Miss Annette J. Warner, Cornell University  
*Educational Effort in Municipal Food Control*, Miss Laura A. Cauble, Bureau of Food Supplies, Association for the Improvement of the Condition of the Poor, New York City  
*Household Science and Household Art as presented in our Schools and Colleges*

(Brief accounts of the topics now requiring emphasis in the program of the different institutions teaching household science and art. The institutions represented at the meeting will report.)

- Business meeting, Miss Arnold presiding  
 Report of the Committee on the Revision of the Constitution, Professor William Morse Cole, Harvard University, Chairman  
 Discussion of the Constitution and the future of the Association

12.00 m.-2 p.m. Election of Officers

2.00 p.m. Conferences or Excursions

4.00 p.m. Reception to members of the Association and their friends by the College Club at the Club House, 1958 East 93d Street

- 8.00 p.m. Miss Isabel Bevier, University of Illinois, presiding  
 President's Address, Miss Sarah Louise Arnold, Simmons College  
*Present Problems in Home Economics*, Dr. David Snedden  
 Commissioner of Education in Massachusetts

### Friday, July 3

- 9.30 a.m. Miss Martha Van Rensselaer, Cornell University, presiding  
*Extension Teaching in Louisiana*, Miss Elizabeth Kelley, University of Louisiana  
*The Visiting Teacher in the Farm Home*, Miss Mildred M. Veitch, Agricultural College, North Dakota  
*Home Industries for the Country Girl*, Mrs. Jane Q. McKimmon, Farmers' Coöperative Demonstration Work, North Carolina  
*Latest Developments at Cornell*, Miss Martha Van Rensselaer, Cornell University, Ithaca  
 Report from Lake Placid  
 3.00 p.m. Meeting of the Council

**OFFICERS****President**

Sarah Louise Arnold. . . . . Dean Simmons College, Boston, Mass.

**Vice-Presidents**

Martha Van Rensselaer. . . . . Cornell University, Ithaca, N. Y.

Abbie L. Marlatt. . . . . University of Wisconsin, Madison, Wis.

Benjamin R. Andrews,

Teachers' College, Columbia University, New York City

**Secretary**

Isabel Ely Lord. . . . . Pratt Institute, Brooklyn, N. Y.

**Treasurer**

C. F. Langworthy. . . . . 1604 Seventeenth Street, Washington, D. C.

**Executive Committee**

The Officers, and Isabel Bevier, Helen Kinne, Alice P. Norton, Adelaide Nutting, Mary Pierce Van Zile

**Members of Council**

Mary Hinman Abel. . . . . Baltimore, Md.

William Morse Cole. . . . . Harvard University

Alice P. Norton. . . . . University of Chicago

Henry T. Sherman. . . . . Columbia University

Ellen C. Sabin. . . . . Milwaukee-Downer College

Josephine T. Berry. . . . . University Farm, St. Paul, Minn.

Mary E. Gearing. . . . . University of Texas, Austin

Helen Kinne. . . . . Teachers' College, New York

Catharine A. Mulligan. . . . . University of Tennessee, Knoxville

Geo. A. Putnam. . . . . Department of Agriculture, Toronto

Adelaide Nutting. . . . . Teachers' College, New York

Marion Talbot. . . . . University of Chicago

Mary U. Watson. . . . . Macdonald Institute, Guelph, Ontario

Ednah A. Rich. . . . . Normal School, Santa Barbara, Cal.

Caroline L. Hunt. . . . . Washington, D. C.

Ellen Huntington Whittem. . . . . Cambridge, Mass.

Katherine McKay. . . . . Iowa Agricultural College, Ames

Louise Stanley. . . . . University of Missouri, Columbia

Mary Louise Tuttle. . . . . Pratt Institute, Brooklyn

Mary P. Van Zile. . . . . Kansas Agricultural College, Manhattan

Isabel Bevier. . . . . University of Illinois, Urbana

A. C. True. . . . . U. S. Department of Agriculture, Washington

Agnes Harris. . . . . Florida State College, Tallahassee

Lilla A. Harkins. . . . . Montana State College, Bozeman

Bertha N. Terrill. . . . . University of Vermont, Burlington



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SERIES 2

SEPTEMBER, 1914

No. 3

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## CONSTITUTION OF THE AMERICAN HOME ECONOMICS ASSOCIATION

*Adopted July 2, 1914*

### ARTICLE I

#### NAME

The name of this organization shall be the American Home Economics Association.

### ARTICLE II

#### OBJECT

1. The object of this Association shall be to improve the conditions of living in the home, the institutional household, and the community.

2. Specifically this Association shall aim to advance its purpose:

By the study of problems connected with the household;

By furthering the recognition in the curricula of schools and colleges of subjects related to the home;

By securing the establishment and standardization of professional instruction for teachers, and for home, institutional, social and municipal workers;

By encouraging and aiding investigations and research in universities and through State and Federal governments;

By publications professional and popular, and by meetings local and national, that knowledge may be increased, and especially that public opinion may be guided and advancement made secure by legislative enactment.

## ARTICLE III

## MEMBERSHIP

All who are interested in home problems are eligible to membership in the Association.

## ARTICLE IV

## OFFICERS

1. The officers shall consist of a president, three vice-presidents, a secretary, a treasurer, a Council, and an executive committee.
2. The president shall be elected by the Council from their number at the time of the annual meeting, and shall serve until the close of the annual meeting at which a successor is elected.
3. One vice-president to serve for three years shall be elected by the Association at each annual meeting, and shall serve until the close of the annual meeting at which a successor is elected.
4. A secretary and a treasurer shall be appointed by the Council at the time of the annual meeting, and shall serve until the close of the annual meeting at which successors are appointed.
5. Five councilors shall be elected by the Association at the annual meeting and shall serve until the close of the fifth annual meeting after their election.
6. The Council shall consist of four classes of members: (1) the president, the three vice-presidents, the secretary and the treasurer ex-officio; (2) twenty-five councilors-at-large, elected by the Association; (3) representative councilors, each of whom shall represent and be chosen by an affiliated society, to serve at the pleasure of that society; (4) the chairman of each section of the Association; and (5) the editor of the *JOURNAL* of the Association.
7. The executive committee shall consist of the six elected officers, the retiring president, and five councilors-at-large designated by the Council, from its membership, and the members shall serve until the close of the annual meeting following their selection.

## ARTICLE V

## MEETINGS

There shall be an annual meeting of the Association at such time and place as the Council shall determine, but such meeting of the Association shall not be called so as to terminate the tenure of any

office filled under Article IV oftener than twice in any calendar year, or three times in any two calendar years, or less often than once in any nineteen months and twice in any thirty-one months.

## ARTICLE VI

### SECTIONS OF THE AMERICAN HOME ECONOMICS ASSOCIATION

1. Sections may be organized on the approval of the Council. Each section shall have its officers, consisting of a chairman, a secretary, a treasurer, and such other officers and committees as the section shall from time to time authorize. Each section shall have control of any funds that it may raise independent of membership dues in the Association, but these funds shall be deposited in the Association treasury and drawn upon by the section. An annual report of the work of the section, which shall include a statement of receipts and expenditures, shall be made to the Association.

2. Sections shall be represented on the Council of the American Home Economics Association by their chairmen.

3. The Council shall provide opportunity on the program of the annual meeting for section meetings, shall print in its publications reports of the proceedings of sections, and shall provide from the funds of the Association such appropriations, towards the work of the sections, as the By-laws may require, and the funds may permit.

## ARTICLE VII

### JOURNAL

The Association shall issue a professional journal of which the title, the copyrights, and the goodwill shall vest in the Association.

## ARTICLE VIII

### AMENDMENTS

This constitution may be amended by a vote of two-thirds of the members present at any annual meeting, provided that notice of the proposed amendment be given in due form at the preceding annual meeting or by mail to all members one month previous to the annual meeting at which it is to be voted on.

## BY-LAWS

### ARTICLE I

#### ELECTIONS

1. The nominating committee for each annual meeting shall be appointed by the Council at the beginning of the meeting. It shall consist of five persons present at that meeting, not more than two of whom shall be members of the Council.

Such committee shall present at least one nomination for each elected office publicly to the Association at least twenty-four hours before the election. Ballots shall be provided, with one blank space for each office, and any name written in this space on a ballot cast shall be counted as a vote.

2. Elections shall be by majority of votes cast.

### ARTICLE II

#### DUTIES OF OFFICERS

Sec. I. The president, the vice-presidents, the secretary, and the treasurer, shall have the duties usually pertaining to their offices. The president shall be chairman of the Council and shall appoint committees as directed by the Council or the Association.

Sec. II. (1) The treasurer shall submit annual reports of receipts and expenditures, with vouchers, but money shall be paid only on the order of the chairman of the finance committee.

(2) The secretary shall preserve the records of the Association; shall maintain at the office of the Association, or other designated place, a library of books and pamphlets and other material relating to the field of the Association; shall endeavor to increase the membership of the Association, and shall develop its relations with affiliated societies.

Sec. III. (1) The Council shall hold such meetings as the president may call, shall meet one day before the annual meeting and shall continue in session as necessary thereafter.

(2) It shall manage the business of the Association and shall administer the property of the Association. It shall elect the president, secretary and treasurer of the Association and shall appoint committees. It shall fill such vacancies in office as may occur between annual meetings.



(3) It shall elect from its membership the five members who, with the president, vice-presidents, secretary and treasurer form the executive committee.

(4) It may fill for the year any vacancies which may occur in its membership.

(5) It shall transact business by correspondence between meetings, and the secretary shall send minutes of all meetings to all members.

(6) Ten members shall constitute a quorum.

Sec. IV. (1) The executive committee shall perform such duties as shall be delegated to it by the Council.

(2) A meeting of this committee may be called at any time by the president of the Association and shall be called upon the request of any three members of the committee.

(3) Four members shall constitute a quorum.

### ARTICLE III

#### MEMBERSHIP

Sec. I. Anyone may become a member upon payment of the necessary dues.

Members shall be of six classes:

(1) Associate—who shall pay one dollar and shall have temporary membership for the sessions of one annual meeting, but shall have no voting privileges;

(2) Active—who shall pay dues of two dollars, shall receive all bulletins, and shall have voting privileges;

(3) Sustaining—who shall pay four or more dollars (at their option) annually, shall receive copies of all professional periodicals of the Association, and shall have voting privileges;

(4) Life—who have made payment of fifty dollars;

(5) Patron—who have contributed one thousand dollars;

(6) Honorary—whom the Association has honored for exceptional service in any lines of work for which the Association stands.

Sec. II. (1) Affiliated Societies.—State or other local Home Economics organizations affiliating with the American Home Economics Association shall include in their constitution the following statements: "The object of this organization is the same as that of the American Home Economics Association, as stated in its constitution, Article II. In addition, this association wishes to devote itself more specifically to the problems of Home Economics as they

develop in its local field." Each such association is entitled to a representative on the council, chosen by the association, from members of the American Home Economics Association.

The Association extends to other local clubs and societies many of the advantages of membership through the choice of a local member to represent unofficially the local club; such local member must be or become a regular member of the Association, but no special or representative privileges attach to such membership.

(2) Allied Societies.—Any organization interested in objects allied to those with which the American Home Economics Association is concerned, though with a different emphasis, such as Housing Associations, District Nursing Associations, or the Grange, may send delegates to the meetings of this Association, and such delegates will be extended the courtesies of the meetings, but they shall not have voting privileges.

#### ARTICLE IV

##### COMMITTEES

A finance committee, an Editorial Board and other necessary standing committees shall be appointed by the Council and each standing committee shall perform any work in its field that may be assigned to it by the Council or executive committee. Each standing committee shall report at the annual meeting, or from time to time, as seems advisable. At each annual meeting the Council shall review all committees, and shall discharge, reappoint, or change them.

#### ARTICLE V

##### SECTIONS

1. As a means of carrying out Article VI of the constitution, the Association shall publish in its journal, for the sections, such reports, including papers or discussions, of section meetings as the executive committee of such sections shall request; provided no section shall be granted, except by vote of the Editorial Board, space in the journal out of proportion to the importance of its work and the size of its membership.

2. When a section meeting is held independently of the meetings of the Association, the treasurer of the section may collect, for the treasurer of the Association, the annual dues and contributions of

members attending the meetings of such section; and such collections shall be reported to the treasurer of the Association and transmitted to him within one week from the close of such section meetings.

3. Sections shall confine their voting membership to members of the Association, but executive committees of sections may provide special assessments and registration fees as requirements for enrollment and attendance at section meetings. The Association and sections shall cooperate financially for mutual advantage, each so far as possible assisting the other in furthering the interests of both.

## ARTICLE VI

### AMENDMENTS

These by-laws may be amended by a vote of two-thirds of the members present at any meeting, provided that notice of the proposed amendment be given in due form at least one month in advance.

## ARTICLE VII

Business shall be conducted according to Robert's Rules of Order.

# MINUTES OF THE MEETING OF THE COUNCIL OF THE AMERICAN HOME ECONOMICS ASSOCIATION

*Tuesday, June 30, 10 a.m.*

Present: Sarah Louise Arnold, Benjamin R. Andrews, C. F. Langworthy, Isabel Bevier, Mary Pierce Van Zile, Mary Hinman Abel, Caroline L. Hunt, Katherine McKay, Isabel Ely Lord, and (as guests) Helen Louise Johnson and Keturah Baldwin.

The minutes of the last meeting, having been published, were omitted. The report of the meeting of the Executive Committee on May 2, 1914, was read.

Miss Arnold presented as the main subject for discussion of the Council during the annual meeting the plans for the future organization of the Association and the discussion of its income, including the Richards Fund. She then appointed the Committee on Audit: Mr. Frank H. Whitcomb, Mrs. Alice P. Norton, and the Committee on Resolutions: Miss Isabel Bevier, Miss Helen Louise Johnson, Miss Agnes Harris.

The subject of reconsideration of the 1915 meeting was next brought up, and Miss Arnold appointed as a special committee on that subject, to report direct to the Association, Dr. B. R. Andrews, Mrs. Mary P. Van Zile, Miss Helen Louise Johnson, Dr. C. F. Langworthy.

The rest of the session was spent in detailed discussion of the future organization of the Association. Adjourned.

*Tuesday, June 30, 5 p.m.*

The report of the Treasurer was read to the Council and there was further discussion on the future organization.

*Wednesday, July 1, 2 p.m.*

Present: Sarah Louise Arnold, Martha Van Rensselaer, Benjamin R. Andrews, C. F. Langworthy, Isabel Bevier, Alice P. Norton, Mary P. Van Zile, Mary Hinman Abel, Katherine McKay, Louise Stanley, Agnes Harris, Isabel Ely Lord, and (as a guest) Flora Rose.

The session was given to a discussion in detail of the constitution proposed by the Committee on the Revision of the Constitution, and the result of the meeting was the Constitution as proposed to the Association at the Thursday morning session. Adjourned.

*Wednesday, July 1, 8.10 p.m.*

Dr. Andrews, as chairman of the Committee on the Ellen H. Richards Memorial Fund, presented the problems of that committee, stating that the responsibility for raising the fund rests with the Association and that a special effort should be made during the coming year. The matter was discussed in full, especially the advisability of (a) raising a definite part of the fund by the date of the 1915 meeting, (b) the employment of a paid executive secretary. After full discussion, the matter was referred to a committee, Dr. B. R. Andrews, chairman, Miss Isabel Bevier, Mrs. Alice P. Norton, to report to the Association.

Dr. B. R. Andrews moved that the same budget as was approved in 1913-1914 be approved for 1914-1915. Voted.

Dr. Andrews reported for the committee appointed to consider the place of the 1915 meeting, the recommendation that the meeting be held in Seattle with a session in San Francisco in connection with the National Educational Association. The recommendation was accepted and Dr. Andrews was asked to present it, in somewhat fuller form, to the Association for final decision.

Dr. Andrews then presented as honorary members of the Association Miss Alice Ravenhill and M. Paul de Vuyst, who were duly elected. Adjourned.

*Thursday, July 2, 9 a.m.*

Present: Sarah Louise Arnold, Martha Van Rensselaer, Benjamin R. Andrews, C. F. Langworthy, Isabel Bevier, Mary Hinman Abel, Katherine McKay and Isabel Ely Lord.

Miss Lord moved that all life memberships be added to the endowment fund of the Association, known as the Ellen H. Richards Fund. Voted.

Dr. Andrews reported for the committee appointed to consider the endowment fund and the Executive Secretary the following recommendations.

That the Association should establish the position of a paid Executive Secretary; that the Association undertake to raise \$25,000 by July 1, 1915 and that this sum include the funds for publishing the Book of Menus and The Sanitary Code suggested; that the duties of the Executive Secretary should include, first and primarily, the raising of the endowment fund, to be known as the Ellen H. Richards Fund, and, secondly, the advancement of the general interests of the Association.



Miss Lord moved that this plan be accepted by the Council and recommended to the Association at the next session. Voted.

The report of the Nominating Committee was made by Miss Isabel Bevier as follows:

For president, Martha Van Rensselaer; for vice-presidents, Abby L. Marlatt, Marion Talbot, Benjamin R. Andrews; for secretary, Anna Barrows; for treasurer, C. F. Langworthy; for the Council, Sarah Louise Arnold, Isabel Ely Lord, Josephine T. Berry, Catharine A. Mulligan, Helen Louise Johnson.

It was voted that if the new Constitution was adopted, one vice-president would serve for three years, one for two years, and one for one year, the terms to be decided by the number of votes received.

The report was accepted. Adjourned.

*Thursday, July 2, 2 p.m.*

It was moved that a report from each of the Committees be called for by the first of October. Voted.

Mrs. Abel brought up for discussion the question of obtaining advertisements for the JOURNAL. The question of printing the proceedings of the Institution Economics Section was also discussed.

Miss Lord moved that the managing editor of the JOURNAL, who receives membership dues be instructed to notify all members who have not paid their annual dues for over one year that by the vote of the Council they will be dropped from the membership list unless the dues are paid. Voted.

Dr. Andrews voted to add to the names of honorary members elected at the previous Council Meeting, Dr. Charles F. Thwing. Voted.

Miss Arnold reported that the International Congress on Home Education had telegraphed asking whether this Association would send a delegate and she had telegraphed in reply: "The Association hopes that your invitation implies representation in the program and awaits your reply."

Mrs. Abel presented several JOURNAL questions, which were fully discussed.

Dr. Andrews asked that the Secretary investigate and report back to the Council the American League for the Protection of the Family. Adjourned.

*Friday, July 3, 8.45 p.m.*

Present: Sarah Louise Arnold, Martha Van Rensselaer, Benjamin R. Andrews, C. F. Langworthy, Isabel Bevier, Alice P. Norton, Mary Hinman Abel, Louise Stanley, Agnes Harris, Isabel Ely Lord, and (as a guest) Helen Louise Johnson.

The Council discussed the responsibility for the Richards Fund and asked that a memorandum be made that the report of the Richards Fund is to be forwarded to the Trustees, and that the President is requested by the Council to correspond with the Trustees and acquaint them with the recent action concerning the endowment.

Moved, that the Executive Committee be directed to secure a person as Executive Secretary of the Association. Voted.

Moved, that the Executive Committee be authorized to act for the Council in the matter of the trustees of the Ellen H. Richards Memorial Fund, and that Dr. B. R. Andrews confer with Mr. F. B. Veatt. Adjourned.

ISABEL ELY LORD, Secretary.



# BULLETIN

OF THE

American Home Economics Association

HOME INSTITUTION SCHOOL

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SERIES 2

DECEMBER, 1914

No. 4

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## ANNOUNCEMENT OF MEETINGS FOR 1915

NATIONAL MEETING, SEATTLE, WASHINGTON, AND CONGRESS AT  
OAKLAND, CALIFORNIA

It is planned to hold the national meeting of the American Home Economics Association at the University of Washington, Seattle, August 18-21, at which time a program of professional papers dealing with the various divisions of Home Economics, including elementary schools, high schools, colleges and extension work will be offered; and to follow this with a congress of public meetings at Oakland, San Francisco, in connection with the National Education Association, August 26-28. At the San Francisco meeting it would seem in place to present papers which will make plain to the public the purpose and aims of Home Economics work. As this meeting will also take on an international character, we hope to secure papers from foreign countries on the history and status of their Home Economics work.

For the Seattle meeting it has been suggested that the program should emphasize matters of distinctly professional interest. The Program Committee wish, therefore, to secure for immediate consideration a list of topics which members of the Association would like to see treated at either of the meetings. The suggestion may take the form of titles of one or more papers which an institution or school might be able to contribute to the program. What problems in public school work, normal school work, college work, etc., should be treated? What pieces of laboratory work or field work, or progress in methods of teaching, could be reported?

Kindly send your suggestions at once to Miss Martha Van Rensselaer, Cornell University, Ithaca, New York, so that they may reach her in time to be considered at an early meeting of the Program Committee.

#### MEETING OF INSTITUTION ECONOMICS SECTION

There will be a meeting of the Institution Economics Section of the American Home Economics Association at Lake Placid, New York, June 25-29, 1915, to which all persons interested in the problems of institution administration and household management are invited. The program will deal especially with institution topics, and the tentative plan provides for the following topics: courses of instruction in institution administration, the work of the dietitian, unit costs, the administration of the cafeteria, hotel management. Further information may be secured by addressing Miss Sarah Louise Arnold, Simmons College, Boston, Massachusetts.

#### MEETING OF THE COUNCIL OF THE AMERICAN HOME ECONOMICS ASSOCIATION

*October 24, 1914*

The council met, as called at Teachers College, New York City, 10 a.m., Saturday, October 24. The meeting was called to order by the president, Miss Van Rensselaer. The secretary's report of the Cleveland meeting, as printed in the *October Journal*, was read and accepted. The report of the treasurer, as printed in the *October Journal*, was accepted.

Vacancies in committees chosen at Cleveland were filled, and work for these committees outlined. Miss Anna C. Hedges having declined to be chairman of the committee on exhibits, Miss Weer of the same committee was chosen and Miss Potter was added. The committee was requested to organize material already in the hands of the American Home Economics Association and make it available for use wherever it may be needed, and to arrange something for the meetings of 1915.

The Committee on Finance, left to the new Council to appoint, was chosen as follows: Chairman, Prof. W. M. Cole, the treasurer and secretary, the president ex officio. This committee was asked to advise methods of financial administration for the Association including rules for the budget, and to draw up the budget for 1915-16.



The Committee on State Supervision of Home Economics was chosen as follows: Miss Thompson, Chairman, Misses Jacobs, Christian, Wardall, Hedges, and Mrs. Dabney.

Dr. Andrews reported for the Committee on Home Economics Day that the observance of December 3d need not be accompanied by an appeal for funds, although appeals should be made when feasible. Miss Kinne reported for the Committee on Legislation that with the exception of two letters of protest the members had been favorable to the Smith-Lever bill and good work had been done for it. Others spoke in favor of bills on Vocational Education and the Smoot bill. Mrs. Abel was added to the Committee on Legislation which was given power to add to its members. Methods of effectual work for approved bills were considered.

Mrs. Abel reported for the *Journal* that the board had been considering the plan of a monthly issue of about half the present number of pages, but this would mean some increase in cost. Most of the members of the Council present expressed themselves in favor of this change if the *Journal* Board found it practicable. It was the sense of this meeting that the *Journal* be made a monthly as soon as the *Journal* board find it feasible.

Dr. Andrews reported regarding the fund for a paid executive secretary that about \$1000 had been pledged at Cleveland and since.

The probable duties of such an officer were then considered. The first need is to increase the membership and arouse a stronger feeling of loyalty to the Association such as is found in many other organizations. Another point is to secure closer affiliation with allied societies and get representation for Home Economics on programs of agricultural, educational, religious, and similar associations.

On motion of Miss Lord it was voted: That in view of the present world crisis, the action of the American Home Economics Association at the 1914 meeting requiring the raising, before the 1915 meeting, of \$25,000 for the Ellen H. Richards Fund be rescinded, but that the fund be advanced during the year as circumstances make it possible.

The organization of the Committee on Extension Work, Miss Comstock, Chairman, and its possible enlargement into a section was discussed. This and the Science Committee were finally referred to the Executive Committee for further consideration and decision.

The programs for 1915 were considered. Mrs. Abel suggested that one-half day's program might be planned for the general public, and the other sessions be arranged as is done by most scientific societies for a discussion of the problems of our work.

Among subjects suggested by others for the programs were these: Historical paper on Home Economics; some phase of household arts; homes for warm countries; papers from different sections and countries.

The Program Committee was chosen as follows: The president, secretary and Dr. Andrews; and the president was authorized to appoint a committee on arrangements, which was done as follows: Professor Cole, Miss Raitt, Miss Rich, and Miss Ellen Bartlett.

The following were chosen to serve on the Executive Committee until the next annual meeting: Miss Bevier, Miss Watson, Mrs. Abel, Dr. Sherman, and Miss Stanley.

Dr. Andrews reported to the Council that, in accordance with its instructions, he had conferred with Mr. Frederick B. Pratt as to securing the organization of the Trustees of the Richards Memorial Fund, and he submitted a resolution which on motion was adopted:

(1) That the following persons constitute the board of trustees:

*For three years:* Mrs. Mary Hinman Abel, Roland Park, Baltimore, Maryland; Mr. Frederick B. Pratt, Pratt Institute, Brooklyn, New York; Prof. Robert H. Richards, Massachusetts Institute of Technology, Boston, Massachusetts.

*For two years:* Prof. Isabel Bevier, University of Illinois, Urbana, Illinois; Mrs. Annie Dewey, Lake Placid Club, Lake Placid, New York; Dr. C. F. Langworthy, United States Department of Agriculture, Washington, D. C.; Miss Frances Stern, 14 Fessenden St., Jamaica Plain, Massachusetts.

*For one year:* Prof. Benjamin R. Andrews, Teachers College, Columbia University, New York; President Charles W. Dabney, University of Cincinnati, Cincinnati, Ohio; President Edna A. Rich, State Normal School, Santa Barbara, California; James J. Walsh, M.D., New York, New York.

(2) That successors be elected by the Council for three-year terms, said board to have responsibility for holding and investing the Richards Funds, and all permanent funds of the Association including life memberships, and advisory relationship for the raising of additional funds; and (3), that the advice of the board regarding the expenditure of the income of the fund, with the suggestion of a policy whereby the income shall be paid annually to the Treasurer of the Association to be expended under the direction of the Association.

ANNA BARROWS,  
*Secretary.*

## MEETING OF THE COUNCIL, DECEMBER 7, 1914

A meeting of the Council of the American Home Economics Association was held Monday evening, December 7, 1914, at the Sherman Hotel, in Chicago.

It was voted that membership lists should be published in the first part of the year rather than later.

The question of the organization of an Extension Section of the Association was discussed at length, the President reviewing what had been done with respect to this matter at the Cleveland meeting and later. It was felt by many, she said, that a strong section in the American Home Economics Association of this sort would improve the position of teachers in agricultural colleges and other state institutions and would help them to secure recognition in the American Association of Agricultural Colleges and Experiment Stations. It has also been proposed to try to form such a section in the American Association of Agricultural Colleges and Experiment Stations. Dr. True stated that there was little hope at the present time that such a section could be formed in that Association, as its function was felt to be the discussion of general questions of policy which would apply to Home Economics departments as well as to other departments of the agricultural colleges. He pointed out that Home Economics was already represented on the programs of the Association's meetings and that the importance of the work was recognized. It was suggested by Miss Talbot that Miss Barrows canvass the general situation at the institutions which she visits in connection with her secretarial work during the coming spring. It was clear from the extended discussion which the topic brought out, that the members of the Council were, individually and collectively, greatly interested in the matter and were all unmistakably of the opinion that extension work should not be overlooked in the Association's program. Doctor True was very decidedly of the opinion that extension teaching and other teaching should not be separated, in work or discussion.

Miss Van Rensselaer presented for discussion the question as to how the American Home Economics Association can best meet the needs of secondary teachers. Professor Works of the department of agricultural education at Cornell, who was present as a guest, was called upon and expressed the opinion that secondary teachers would organize local meetings and that it would be well worth while

to encourage such meetings and to help in the preparation of programs and in other ways. Miss Van Rensselaer spoke in favor of such meetings and of the need of the presentation of Home Economics problems at state teachers meetings.

The need for outlines for secondary schools in Home Economics was also insisted upon, and the sense of the meeting was that the Association should, in so far as possible, provide such outlines. In this way, the American Home Economics Association would help to standardize the work which was done and would strengthen the relation between the secondary and the other teachers. It was suggested that among others the following might assist in this matter: Miss Jennie Snow, Mrs. Paul Forster, Miss Vinton of Middletown, Connecticut, Mrs. Dillard and Miss Denton.

The question of the Seattle program was discussed at considerable length and various suggestions were made.

The work of the Association's Secretary was discussed at some length, the sense of the meeting being that much good will come from the extended trips which Miss Barrows is to make during the late winter and the coming spring.

The making of a budget was spoken of and it was suggested that the Treasurer of the Association prepare a simple budget as a working basis for the current year, such a budget to assign small sums to the different Association interests to cover current expenses for postage, etc., in accordance with the custom which has been followed hitherto.

It was the sense of the meeting that closer affiliation should be sought with allied societies.

There was much general discussion of various topics related to those mentioned above and the work carried on under the Smith-Lever bill and similar matters, but definite conclusions were not reached.

C. F. LANGWORTHY,  
*Acting Secretary.*



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No. 1

### ANNUAL MEETING

UNIVERSITY OF WASHINGTON, SEATTLE, WASHINGTON,  
AND OAKLAND, CALIFORNIA

### NOTICE TO MEMBERS

This BULLETIN contains detailed information concerning routes to the Panama-Pacific Exposition which will enable those interested to arrange a trip including the meetings of the Association at Seattle August 18-21 and at Oakland August 26-28. Information is also given concerning the meeting of the Institution Economics Section.

It was decided to send this BULLETIN to all members whether associate or active, but attention is again called to the fact that **associate members will no longer receive this quarterly publication. If you have not already sent the full amount (\$2) for active membership, prompt attention to this matter will insure the receipt of the June number and succeeding 1915 BULLETINS.** (See blank, page 11.)

Every member whether associate or active is requested to send to the office of the Association the **name of the position held in the institution with which he or she is connected, and in the future to report promptly any change of position.** (See blank, page 11.)

## RAILROAD ARRANGEMENTS

SEATTLE AND SAN FRANCISCO CONVENTIONS AMERICAN HOME  
ECONOMICS ASSOCIATION

Never have such attractive railroad rates to the Pacific Coast been offered as are available this year in connection with the Panama-Pacific Exposition at San Francisco, and the Panama-California Exposition at San Diego.

Home Economics workers of the United States and Canada who plan to attend the meetings of the Association should make up parties and take in the Canadian Rockies, the Yellowstone Park, the Colorado Rockies, the Grand Canyon, etc. Brief facts regarding routes and rates are offered here; further questions will be answered on inquiry.

*Points of interest enroute.* The Grand Canyon of the Colorado is on the Santa Fe R. R. near Williams, Arizona (about 24 hours east of Los Angeles). Persons going or coming via the Santa Fe may stop off at Williams (round trip railroad ticket on Santa Fe, Williams to Grand Canyon, \$7.50); or a side trip from Los Angeles to the Canyon may be arranged at a cost of about \$25; or a side trip on the route from Los Angeles to Salt Lake City, by stopping off at Barstow, California, thence via Santa Fe to Williams, and return to Barstow.

Colorado scenic points, Pike's Peak, Manitou, Garden of the Gods, and Royal Gorge, may be visited by stop-over on routes through Denver and Colorado Springs, going west or coming east; or, by a stop-over on the Santa Fe in Colorado, and a side trip from there.

Salt Lake City, Ogden, and Great Salt Lake may be visited going or coming on the central routes to San Francisco; or on the Oregon Short Line route going to Seattle; or on the San Pedro, Los Angeles, and Salt Lake route returning from Los Angeles to Colorado points and to Yellowstone Park.

Yellowstone National Park is reached from Livingston, Montana, on the Northern Pacific, or from Salt Lake City or Ogden (see page 4).

National Glacier Park is on the Great Northern R. R. at Glacier Park, Montana.

The Canadian Rockies are reached via the Canadian Pacific R. R. with stop-overs at Banff, Lake Louise, Glacier, etc.

Yosemite Park, California, may be reached by a side trip from San Francisco costing \$22.35; or on way to Los Angeles by side trip from Merced on the Southern Pacific R. R.

*Routes.* Round trip tickets may be obtained, good for three months, and will be made up for *any routes desired* going and coming. That is, one may go by any route and return by any route. Individuals should therefore decide on the best route possible to meet their own desires as to places to be visited, and order of visiting them.

Teachers whose work begins early in September will wish to go west in July or early in August by a middle or southern route perhaps first to Los Angeles thence to San Francisco and Seattle, and return either via Colorado or Yellowstone Park, or National Glacier Park, or the Canadian Rockies.

Those who attend summer schools will go west about the middle of August in time to reach Seattle by August 18. For such persons the northern routes are recommended (via either Canadian Pacific, or Great Northern, or Chicago, Milwaukee & St. Paul, or Northern Pacific); or one of the central trans-continental routes (via either Denver, or Colorado Springs, or Cheyenne, or Salt Lake City, and the Oregon Short Line); and after the Seattle meeting, a route by rail or steamer to San Francisco, Los Angeles, San Diego, and thence return east.

Persons from the North and East desiring an ocean trip may go from New York to New Orleans by the Southern Pacific steamships, 5 days; or this route may be used returning from the West via New Orleans. No extra fee for meals and berth on ship.

Steamer trips on the Pacific Coast may be substituted for the railroad:—I. Steamer from Vancouver, B. C., to Seattle is included in Canadian Pacific route to Seattle or the rail route from Mission, B. C., to Seattle (3 to 4 hours shorter) may be substituted.

II. Between Portland and San Francisco, via Great Northern Pacific Steamship Company, at no extra expense, and berths and meals included free on boat.

III. Steamer between San Francisco and Los Angeles may be included in route of person not travelling on Santa Fe or Southern Pacific lines for \$4 extra, but rail route via Southern Pacific will probably be preferred between San Francisco and Los Angeles.

"Differential rates" are available from certain points, for example, from New York City rates over Pennsylvania and New York Central are \$4.50 more than over other lines. Make local inquiry.

*Special Canadian Pacific Party.* Miss Van Rensselaer, President of the Association, and others are planning to leave Chicago Thursday



evening, August 12, by special tourist sleeper, over the Chicago & Northwestern at 10.10 p.m. reaching St. Paul, Friday at 10.00 a.m.; leave St. Paul 11 a.m. over the "Soo" line and Canadian Pacific; on Canadian Pacific stop-over at Lake Louise Sunday morning to Monday morning; arrive at Vancouver Tuesday morning, take steamer from Vancouver for Seattle, arriving Tuesday evening. All members interested in the trip are asked to inform committee below at once. Make reservation for your sleeper at once by writing C. P. Walton, Gen. Pass. Agt., 1282 Broadway, New York City, or H. A. Gross, Gen. Pass. Agt., 148 S. Clark St., Chicago.

Persons desiring to leave Chicago for Canadian Pacific on Friday evening August 13, or Saturday evening, August 14, are also asked to send in their names, as parties can probably be organized which will have at least 12 hours stop-over in Canadian Rockies and reach Seattle by Wednesday evening. Other special parties will be organized. Notify committee below.

*Party going via National Glacier Park.* Persons wishing to make a 24-hour stop-over in the American Rockies may choose this trip: leave Chicago via Burlington route at 10.15 p.m. Saturday, August 14, to St. Paul; leave St. Paul on Great Northern at 11.15 Sunday morning, reach Glacier National Park at 8.50 p.m. Monday. Stop over one day (cost of hotel, auto bus, and lake trip about \$8.00), leave Glacier National Park Tuesday 8.50 p.m. and reach Seattle Wednesday 8.15 p.m. Those interested send names to the committee.

*Party going via Yellowstone Park.* Persons desiring to include Yellowstone Park on going trip should go west via Northern Pacific. If from Chicago, the Burlington train leaves at 10.00 a.m., and the Chicago and Northwestern at 10.00 p.m., both running over Northern Pacific beyond St. Paul. At Livingston, Montana, stop-over for side trip to Yellowstone Park. Six day trip, all expenses from Livingston including coaches, accommodations at Park hotels, \$53.50; for \$40 a similar trip with camp accommodations is furnished by the Wylie Camping Company.

A party will leave Chicago over the Burlington and Northern Pacific at 10 a.m. August 9 to spend six days in Yellowstone Park and reach Seattle August 19. Send names to committee.

Persons should leave Gardiner (Yellowstone Park) not later than Monday or Tuesday August 16 or 17 to reach Seattle by Tuesday or Wednesday at 9 p.m. A one day stop-over at Yellowstone Park can also be arranged. Those interested send names to committee.



*Yellowstone Park on return from the Coast.* Many will find it possible to visit Yellowstone Park on return trip by a side trip from Salt Lake City or Ogden; prices as quoted above. Some have already registered for such a trip by the Wylie Camping Company. Send names to the committee.

*Seattle to San Francisco.* There are two routes, the rail "Mt. Shasta Route" (Southern Pacific R. R.), and the ocean trip from Astoria (near Portland) to San Francisco via Great Northern Pacific Steamship Line (latter less expensive as meals and berth are included while by rail Pullman ticket and meals are extra). Choose one route or other in purchasing original ticket.

*Returning routes.* After San Francisco meeting delegates may visit San Diego Exposition without extra charge on tickets via Los Angeles or San Francisco—if San Diego side-trip coupon is requested at time of purchase of original through ticket; return may then be made:

1. By southern routes (a) Southern Pacific with steamer if desired from New Orleans to New York City; or all rail via New Orleans. (b) Santa Fe.

2. San Pedro Route from Los Angeles to Salt Lake City (with side trip to Yellowstone if desired) thence Colorado and east.

3. Return from Los Angeles to San Francisco, thence east via Salt Lake City and Colorado.

4. If desired, with extra fare, route may return from Los Angeles to Seattle, thence east.

*Routing your individual ticket.* Ticket must be purchased for a definite route coming and going, determined before starting, i.e., route can not be changed after trip is started. Consult your local railroad agents, also railroad maps and circulars before determining your route, i.e., for the railroads you will travel over. A "route" is illustrated by a typical selection for Philadelphia:

Pennsylvania R. R. to Chicago; Chicago and Northwestern to St. Paul; thence Soo and Canadian Pacific to Vancouver; steamer to Seattle; Northern Pacific to Portland; Southern Pacific to San Francisco; Southern Pacific to Los Angeles; Santa Fe to San Diego, and return to Los Angeles; San Pedro, Los Angeles and Salt Lake route to Salt Lake (side trip from Salt Lake City to Yellowstone Park, on special ticket purchased in Salt Lake and return to Salt Lake City); thence via Denver & Rio Grande to Colorado Springs and Denver; Burlington to Chicago; Pennsylvania R. R. to Philadelphia the starting point; or other lines may be substituted for these.

*Sleeping cars.* Special tickets in addition to regular fare necessary; upper berth is about 20 per cent less than the lower; in addition to regular Pullman sleepers the roads west of Chicago run "tourist sleepers" (finished in rattan or leather) on which rates are about one-half the regular Pullman, and which are preferred by many, especially in the summer. Tourist cars on many lines have facilities for cooking available for passengers.

*All expense tours.* Some members may be interested in a round-trip tour with a definite itinerary and a total cost arranged to cover railroad fares, Pullmans, hotels, meals, transfers, etc. Such trips cost approximately \$10 a day for all expenses and could be arranged for small parties. If a large number go, special conductor could accompany party. If interested try to make up party and send name to committee.

*Stop-overs.* Stop-overs may be made at *any points* going or returning and without special arrangements in advance.

*Rates.* Information indicates round trip railroad fares as follows, but verify by local inquiry.

STARTING POINTS	TO SEATTLE AND RETURN (NOT TO CALIFORNIA)	TO SAN FRAN- CISCO, SAN DIEGO AND RETURN (NOT TO SEATTLE)	TO SEATTLE, SAN FRANCISCO, SAN DIEGO AND RETURN EAST
Boston.....	\$101.20	\$101.20	\$118.70
	104.20	104.20	121.70
New York City.....	105.80	94.30	111.80
	110.30	98.80	116.30
Philadelphia.....	95.20	95.20	112.70
Washington.....	92.95	92.95	110.45
Buffalo.....	81.10	81.10	98.60
	83.50	83.50	101.00
Cleveland.....	74.50	74.50	92.00
	76.20	76.20	93.70
Cincinnati.....	71.50	71.50	88.40
Indianapolis.....	67.90	67.10	85.00
Chicago.....	62.50	62.50	80.00
St. Paul.....	50.00	63.85	74.45
St. Louis.....	57.50	57.50	75.00
Missouri River points (Omaha, Kansas City, etc.).....	50.00	50.00	67.50
Memphis.....	69.85	57.50	81.20
New Orleans.....	75.00	57.50	83.75
San Antonio.....	65.00	50.00	75.00
Denver, Colorado Springs, Pueblo.....	45.00	45.00	62.50
Ogden, Salt Lake City.....	35.37	35.40	53.50

*Canadian rates.* The Canadian Pacific Railroad quotes for round trip to Seattle, San Francisco and San Diego and return via various routes through the States:—from Montreal, \$114.50; from Toronto, \$97.30; from Winnipeg, \$83.05.

*Further information.* Send to general passenger agents of railroads on various routes (nearly all have offices in New York or Chicago) for special circulars regarding routes and rates and scenic attractions. The undersigned committee will furnish any help possible. All who have tentative plans should notify the committee at once—it will help perfect arrangements for others. For local arrangements at Seattle, write to Miss Effie Raitt, University of Washington, Seattle.

Committee on Transportation: Benjamin R. Andrews, Teachers College, New York City.

## ANNUAL MEETING OF THE AMERICAN HOME ECONOMICS ASSOCIATION

Following the trend of travel in 1915, the American Home Economics Association has appointed the 1915 meeting on the Pacific Coast.

The first sessions will be held at the University of Washington, August 19 to 21, and an adjourned meeting at Oakland, California, August 26 to 29, in connection with the National Education Association. A program is in preparation for both meetings, which will embrace subjects under science, art, methods of teaching and extension projects. Specialists in these subjects from western institutions, with a few speakers from the East, have been invited. The program will be formed in the interests of the western field of Home Economics as far as possible.

The program for August 26, at Oakland, will be in connection with a Congress on Vocational Education and Practical Arts in combination with the National Educational Association. The program of the Congress is to be full of interest to persons interested in Home Economics. The date of this Congress was changed to meet the needs of the Home Economics teachers, who are fortunate in having the benefit of the program prepared for the Vocational Educational Conference.

The department of special events of the Panama-Pacific Interna-

tional Exposition, has designated August 27 as International Home Economics Congress Day.

Section meetings in science, extension and institution economics will be appointed at hours not to conflict with general meetings.

A detailed program of the meetings of the Association will be printed in a future number of the Bulletin of the American Home Economics Association.

All persons who are planning to attend these meetings are asked to write to the President of the Association, Miss Martha Van Rensselaer, Cornell University, Ithaca, New York, Chairman of the Program Committee; or to Dr. Benjamin Andrews, Teachers College, Columbia University, New York City, who is in charge of general arrangements of travel. The chairman of the local committee at Seattle is Miss Effie Raitt, University of Washington, Seattle, Washington; the chairman at Oakland is Miss Ellen Bartlett, Public Schools, San Francisco, California.

### INSTITUTION ECONOMICS SECTION

The Institution Section of the American Home Economics Association will meet at the Lake Placid Club, Essex County, New York, June 25 to 29, 1915.

The program as being prepared, promises to be of the greatest interest to dietitians, lunch room managers, college dormitory directors, and to all others interested in the management of institutions or in instruction relating to institution management.

The opening session will consist of an address of welcome by the Chairman, Miss Sarah Louise Arnold of Simmons College. This will be followed by reports of the special committees who have been at work during the year, and will include reports on laundry, school lunches, waste, food sanitation, college dormitory management, etc. At this opening session members will also report upon special features of their work during the past year.

The subject of one session will be "Cost of Foods from Prison to Palace Hotel," and will include:

Food Costs for the Department of Charities, New York City, by Mr. Henry C. Wright, the first Deputy Commissioner, Public Charities and Correction.



United States Military Rations, by Captain Stewart S. Godfrey, United States Military Academy, West Point.

Cost of Food in Private Clubs, by Mrs. Mary S. Woolman, representing the new Women's City Club, Boston, Mass.

Cost and Methods of Feeding College Students, by Miss Emma Baker, Whittier Hall Dormitory, Teachers College, New York City.

Other topics which are to be included in the program for Hotel Day, will be Ethical Relations of Institution Employes, Inventories and Buying of Hotel Furnishings, and Per Capita Allowance in Equipments.

One session will be devoted to Standard Per Capita Costs, with reports by Mr. Melvil Dewey, President of the Lake Placid Club; Prof. William Morse Cole, Harvard University; and Mr. Donald English, Cornell University.

The important problem of Housing of Women in Large Cities will be discussed; other subjects will include Cafeteria Management, under the direction of Miss Anna Hunn, Cornell University; Courses of Instruction in Institution Economics, under the leadership of Miss Sarah Louise Arnold; Dietitians, with Miss Flora Rose of Cornell University as Chairman.

In addition it is planned to have round tables formed by the chairmen of the different committees, and special conferences arranged for any available time during the meeting.

The fee for attending or associate membership is \$2; for those who are already members of the Association it is \$1. In both cases the fee includes a copy of the proceedings. The board will be \$3 per day. In writing for rooms, kindly give dates of coming and going, and also the special line of work in which you are interested. Cottages are usually assigned to those who wish to be together, to discuss the problems of their work in detail. Those wishing to invite friends may do so on the same terms, provided their friends become members of the conference by paying the attending fee. All who wish to prolong their stay at the Club, are cordially invited to do so at the same rates until rooms are needed for regular engagements of members.

Leaving New York in the morning, one would reach Lake Placid about six o'clock in the afternoon. One could return by way of Lake Champlain and Lake George to Albany and by Hudson River night boat to New York. The fare from New York and return, by rail

both ways is \$15.35. Returning by way of the lakes is about \$3 additional.

For matters relating to rooms, address "Conference," Lake Placid Club, Essex County, New York. For programs or any other information regarding the conference, address the Secretary, Miss Emma H. Gunther, Teachers College, New York City.

### MINUTES OF THE COUNCIL, MARCH 13, 1915

The Council of the American Home Economics Association met at Columbia University, New York, March 13, 1915.

Present: Miss Van Rensselaer, Mrs. Abel, Miss Lord, Miss Willard, Miss Jacobs, Miss Harkins, Professor Sherman and Mr. Andrews, and Miss Rose as guest. Miss Barrows and Miss Nutting later approved the action taken, as follows:

Bibliography of Ellen H. Richards: Miss Lord reported that the New York State Library School at our request had compiled a bibliography of Mrs. Richards' writings which was available for copying and use by the Association. On motion it was voted that the bibliography be copied and be referred to the Editor of the *Journal* for publication.

Committee on Housekeeper's Section: The president reported the resignation of Mrs. Herron as chairman of the Committee on Housekeeper's Section, because of ill-health. On motion, the resignation was accepted, with the thanks of the Association for Mrs. Herron's services.

Affiliation with Department of Superintendence, National Education Association: A communication from Misses Emma S. Jacobs, Gertrude Van Hoesen, Charlotte M. Ulrich, Mrs. Margaret Stannard and Mrs. Anna Gilchrist Strong, present at the Cincinnati meeting of the Department of Superintendence, National Education Association, urged that an arrangement be sought whereby a program of Home Economics be provided at next year's meeting of the Department of Superintendence at Detroit, Michigan, in February, 1916. On motion, it was voted that the Secretary inquire regarding the possibility of having such a program.

Association Expenses: The matter of the share of office expenses to be borne by the Association was discussed and on motion the Managing Editor was asked to compile a statement as to the amount of expense fairly chargeable to Association business as distinct from

*Journal* business at the office, and report to the next meeting of the Council.

**BULLETIN:** Moved that the printing of the membership list be postponed until fall, and that the next **BULLETIN** of the Association contain preliminary announcements of the summer meetings, and the following number contain the completed program.

**Sections:** The president reported requests for the organization of a science section and an extension work section. It was voted that authorization be given to the organization of these two sections at the Seattle meeting.

**Editorial Board Membership:** Mrs. Abel proposed that the chairmen of all sections be ex-officio members of the editorial board, to be invited to meetings of the board and receive advance proof-sheets of the *Journal*, and on motion it was so voted.

**Editor of the *Journal*:** The editorial board reported the resignation of Mrs. Abel as editor, to take effect in June, 1915, and that the board is taking steps to engage an editor for part-time service.

**Election:** The resignation of Mrs. Ellen Huntington Wittem as a member of the Council was received and accepted with regret. On motion Miss Effie Raitt, of the University of Washington, Seattle, was elected to fill the unexpired term.

**Program:** The president reported plans and problems regarding the programs at Seattle and San Francisco, and after discussion, the matters were referred back to the program committee.

B. R. ANDREWS,  
*Acting Secretary.*

Every member of the Association is requested to fill out the following blank and mail as soon as possible to the American Home Economics Association, Station N, Baltimore, Md.

Name .....  
Position .....  
Institution .....  
City..... State.....

Kindly remit for any unpaid dues and cross out the other items printed below:

Enclosed please find \$.....for { Active  
Associate } Membership in the  
Balance due for active } Association.





# BULLETIN

OF THE

## American Home Economics Association

HOME INSTITUTION SCHOOL

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SERIES 3

AUGUST, 1915

No. 2

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TENTATIVE PROGRAM OF THE EIGHTH ANNUAL MEETING OF THE AMERICAN HOME ECONOMICS ASSOCIATION, UNIVERSITY OF WASHINGTON, SEATTLE, WASHINGTON

*August 19-21, 1915*

AND OAKLAND, CALIFORNIA, IN CONNECTION WITH THE NATIONAL EDUCATIONAL ASSOCIATION

*August 26-28, 1915*

Arrangements are fully under way for the meeting of the American Home Economics Association, to be held in Seattle, August 19-21, and in Oakland, August 26-28, 1915.

A tentative program which follows has been arranged for the meetings. Copies of the final program may be secured after August 10 by writing to the chairman of the local committees, Miss Effie Raitt, Head of the Department of Home Economics, University of Washington, Seattle, Wash., and Miss Ellen M. Bartlett, Supervisor of Public Schools, San Francisco, California; or to the Editorial Office of the *Journal of Home Economics*, Station N, Baltimore, Maryland.

EIGHTH ANNUAL MEETING OF THE AMERICAN HOME  
ECONOMICS ASSOCIATION, UNIVERSITY  
OF WASHINGTON

*August 19-21, 1915*

Sessions will open at ten o'clock in the morning and eight o'clock in the evening. Afternoons will be left free for special conferences and for sight-seeing.

TENTATIVE PROGRAM

*Thursday, August 19*

*10.00 a.m.*

Five minute reports of work in Home Economics in various institutions and states

Introduction of representatives from United States Department of Agriculture, United States Bureau of Education, Public Schools of Seattle, *Journal of Home Economics*

Reports of Committees

Announcements

*4.30 p.m.*

Boulevard ride

*8.00 p.m.*

Miss Effie Raitt, Head of the Department of Home Economics, University of Washington, presiding

Address of Welcome, Dr. Landes, President of the University of Washington

President's Address, Miss Martha Van Rensselaer, Cornell University, Ithaca, N. Y.

*The Teacher's Cottage and Rural Home Economics*, Miss Josephine Preston, Superintendent of Public Instruction, Seattle, Washington.

*The New and Deeper Foundations for Home Economics Education*, Miss Agnes Houston Craig, State College of Washington, Pullman, Washington

*Friday, August 20*

Breakfast has been planned with the student Home Economics Club as hostesses

*10.00 a.m.*

*Institution Management in the Northwest*, Miss Gertrude Elliott, in charge of Commons, University of Washington

Report of the meeting of the Institution Economics Section of the American Home Economics Association, Lake Placid, June 25-29, 1915

*Municipal Markets of the Northwest*, Mrs. Arazona W. Calkins, former State Food Inspector of Washington

4.00-6.00 p.m.

Lawn Party, Members of the Faculty of the Women's Club of the University of Washington, hostesses

8.00 p.m.

*Recent Advances in Nutrition*, Miss Ruth Wheeler, University of Illinois

*What the Government is Doing in Home Economics Investigation*, Dr. C. F. Langworthy, United States Department of Agriculture, Washington, D.C.

*Contribution of Science to Home Economics*, Dr. Byers, University of Washington

*Saturday, August 21*

10.00 a.m.

*The Aim of Textile Teaching*, Miss Nellie Crooks, Milwaukee-Downer College

*Teaching Textiles in the High Schools*, Miss Pitner, Los Angeles, California

*Economics of Efficiency*, Miss Alice Ravenhill, Chrachveattle, Canada.

Reports of Committees

5.00 p.m.

An automobile ride on Queen Anne Hill, ending at Madison Park; across the lake by boat, where a beach dinner will be served, followed by a two hour sail on the lake.

The following papers prepared for the Association and announced by title, will not be read, but will be published in the *Journal of Home Economics*.

*Correlation of Science Teaching of Girls with Domestic Work*, A. T. de Nsaelpied, London County Council, 10 Eliot Hill, Lewisham, S. E.

*The Family Visitor*, Miss Edna Twichell, Teachers College, New York City

*The Teaching of Textiles in the Grades*, Miss Steigel, Public Schools, Rochester, N. Y.

NOTES: Alumni luncheons Thursday and Friday noons. Arrangements for these luncheons should be made immediately through the

chairman of the local committee, Miss Effie Raitt, in order that the time for different institutions may be announced in the final program.

#### SECTION MEETINGS

In order to give specialists opportunity to discuss their own work more thoroughly than the general sessions will admit, section meetings have been planned each afternoon at two-thirty o'clock. These meetings will close in time to give opportunity for sight-seeing before the evening meetings.

#### PROGRAM EXTENSION SECTION

*Thursday—2.00 p.m.*

*Chairman*, Gertrude M. McCheyne, Head of Department of Home Economics, State College, Utah

*2.00 p.m.*

Report of extension committee

Organization of section

*2.15 p.m.*

What types of work seem at present the most valuable in the extension field?

*Extension Schools*, Miss Mary E. Edmonds, Montana

*Institute Work*, Miss May C. McDonald, Missouri

*Town and County Agent Work*, Miss Sarah Pettitt, New York

*Reports of Work in Erie County, N. Y., and of Work in Brimfield, Mass.*, Mrs. Horatio Dresser

*Correspondence Courses*, Miss Louise H. Campbell, Iowa

*Single Talks and Demonstrations*, Miss Alma L. Garvin, Indiana

*Boys' and Girls' Club Work*, Miss Margaret B. Baker, Minnesota

*Women's Clubs*, Miss Mary Oberlin, Colorado

#### GENERAL DISCUSSION

*3.20 p.m.*

Follow-up work

*Extension Schools*

*Institute Work*

*Correspondence Courses*

Miss Neale S. Knowles, Iowa

*Single Talks*

*Boys' and Girls' Clubs*

*Women's Clubs*

Miss Mamie Bunch, Illinois



## GENERAL DISCUSSION

3.45 p.m. *A Plea for Securing Uniform Leaflets for Instruction in Home Economics*, Dr. C. F. Langworthy, Chief, Office of Home Economics, U. S. Department of Agriculture

4.00 p.m. *Needs of the Farm Women*, Miss Martha Van Rensselaer, Ithaca, New York

4.15 p.m. *What Should be the Training of Teachers for Extension Work?* Miss Alice Loomis, Nebraska

Extension exhibits will be in charge of Miss Neale S. Knowles, Agricultural College, Iowa, and should be sent early to Seattle in care of Miss Effie Raitt.

## PROGRAM SCIENCE SECTION

Friday, 2.30 p.m.

*Chairman*—Miss Ruth Wheeler, University of Illinois

1. Report of research in the Universities represented

2. Review of nutrition research reported in the literature

3. Should fundamental sciences be taught in the Department of Home Economics?

4. The prerequisites, content and credit for courses in dietetics and nutrition

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Members of the Association and others interested in the subject—teachers, students, and housekeepers, will be welcome, to the annual meeting. The program is varied and all those who attend will find something to meet their special needs. The following letter, which welcomes the Association to the University of Washington, gives information regarding accommodations during the meeting, and trips which may be made during time not occupied by the sessions.

JULY 9, 1915.

*To the Members of the American Home Economics Association:*

The University of Washington extends a hearty welcome to you this summer. The Convention dates, August 19 to 21, will be so filled with the regular program and special conference, that trips during that time must necessarily be confined to Seattle and its lakes.

Convention rates have been secured at one and one-third fares

round trip from Washington, Oregon, Idaho, Montana. Receipt must be secured when ticket is purchased.

The Puget Sound country is full of beauty for nature loving tourists. We urge all to come in time to enjoy pre-convention excursions. Many points of interest and beauty are easily accessible from Seattle. Of these the following have been chosen and special excursions have been arranged as follows. Home Economics workers from different centers in the State will act as hostesses on these occasions.

August 10 and 11. Sound trips. Bremerton Navy Yard, Bainbridge and Vashon Islands, Tacoma. Cost, 50 cents to \$1. Time, 2 to 6 hours.

August 12, 13 and 14. Mt. Rainier by train or automobile. Altitude, 9,000 ft. Real mountain and glacier climbing. Cost \$20.

August 16 and 17. San Juan Islands and Bellingham, Victoria, B. C. Cost \$2 to \$5.

August 18 Snoquamie Falls by automobile over scenic highway. Cost, \$2. Time, 8 hours.

Headquarters will be established at 4535 18th Ave., N.E., by August 9. Telephone, Kenwood 1429. Rooms will be reserved in the sorority houses at seventy-five cents for the single rooms and fifty cents per person for double rooms.

The University Commons, cafeteria plan, will be open during the conference for meals. The University may be reached by Cowen Park or Ravenna cars, which run near the depot. To reach headquarters get off at 45th St. and 14th Ave., N.E. Visitors are advised to bring baggage checks to headquarters.

It will be of assistance to the local committee if delegates and their friends will write for reservations as early as possible, and indicate probable date of arrival.

Very cordially yours,

[SIGNED]

E. I. RAITT,

*Director, Home Economics Department.*

The local transportation committee have made special efforts to insure the convenience of those who wish to take any of their special trips, and those in attendance can obtain folders giving full information at the Association headquarters in Seattle. Some quotations from the folder follow:

Aside from its interest as a commercial centre Seattle, "The Queen City of the Northwest," offers in scenic attractions more points of interest than any city on the Pacific Coast. Its beautiful location has no equal on the continent. It covers hills and lowlands from lovely Elliott Bay to the enchanting tree-girded shores of Lake Washington—a strip of country about four miles wide and twelve long. The snow capped Cascade Range is on the east, and the majestic Olympics to the west across beautiful Puget Sound.

The immediate environments of Seattle are unsurpassed in their diversity of beauty and interest, and the numerous enchanting trips by rail and boat place Seattle in the forefront as a Mecca for the tourist.

Of particular interest to the members of the American Home Economics Association is our principal institution of learning, the State University, which is within easy reach of the heart of the city.

The campus of the University of Washington, comprising 355 acres, is located within the city limits of Seattle, four miles from the business district. The grounds have been laid out by the Olmsted brothers, landscape architects, who were employed to prepare a portion of the grounds for the Alaska Yukon Pacific Exposition, which was held here in 1909. The main vistas of the wonderful plans have been retained and brought into harmony with the needs of the University. The extensive lawns are green throughout the year, while from April to November there is a profusion of flowers and blooming shrubs. The campus slopes gradually toward the shores of two lakes, there being a water front on Lake Union of a quarter of a mile and on Lake Washington of a mile and a quarter. The central vista of the grounds furnishes a remarkable view of Mount Rainier across the lake and over the wooded foothills. To the east are the Cascade Mountains and to the west the Olympics, furnishing a variety of mountain scenery which has few parallels in any part of the world.

The University was established in 1861 under the territorial government. For a number of years comparatively little college or university work was done, but the ambitions and ideals of the founders were continually kept in mind and as soon as conditions warranted it and the high schools of the State were able to furnish the necessary preparation the University entered upon a full program of college and university education. Since 1901 no preparatory students have been enrolled and the enrollment has increased at a more rapid rate probably than in any other American university. From an enrollment in 1908-1909 of 1846 the enrollment has more than doubled, being 4050 in the year 1914-1915, just closing.

The future of the University is exceedingly bright, being located in a city and in a state which is growing at a remarkable rate, notwithstanding the business depressions which have been seriously felt throughout the coun-



try at large. The University has secured the confidence and the general support of the people of the State in its efforts to meet their educational needs.

#### SIDE-TRIPS FROM SEATTLE

Among the many attractive trips of a day or more to be made from Seattle easily, the leader is that to *Rainier National Park*, that wonderful playground in the Cascade Range surrounding the marvelous mountain from which the park takes its name—Mount Rainier, “the Sentinel of Puget Sound.”

The majestic and impressive grandeur of the scenery in Rainier National Park is without compare in any of our National Parks. It is only a few hours’ ride and a comfortable rail trip to Ashford station, thence by auto to the National Park Inn, Nisqually Glacier, Narada Falls, and Paradise Valley.

Mount Baker and Bellingham. Mountain 10,827 feet in height. Largest salmon cannery in the world at Bellingham. Train or boat at frequent intervals daily.

Ocean resorts. Cohasset. Good hotel accommodations. Daily train service.

Mountain lakes, with fishing, hunting, camping. Lake Keechelus. Mineral Lake, Offutt Lake. Trains daily.

Hot Springs at Sol Duc. Noted health resort, with hotel, sanitarium and bath house. Boat daily.

Mountain lakes. Lake Crescent and Lake Cushman, rivaling the beauties of the Alpine Lakes. Dainty water gems in a massive setting of snow-clad peaks. Boats connecting with stages for these lakes daily.

Tacoma, “City of Destiny”—An attractive and enterprising community of 100,000 inhabitants. Boats at frequent intervals daily. Also connected by interurban trains and steam lines.

San Juan Islands—A group of submerged mountain peaks. This trip rivals that among the Thousand Islands of the St. Lawrence River. Boating, bathing, fishing. Boats direct on Sundays, Tuesdays and Thursdays, or trip may be made daily on boats to Bellingham and Anacortes, transferring to small steamer.

Bainbridge Island, past Indian reservation and burial place of Chief Seattle. Boats daily. Time of trip, one hour each way.

Mercer Island, skirting the wooded shores of this beautiful island which like an emerald adorns the bosom of Lake Washington. Boats daily. Other lake trips to Kirkland, Medina, Newport, Juanita, Bellevue and Beaux Arts by ferries and boats.

The Palisades of Puget Sound—Hood Canal, an American Fiord beside



which the Oylmpic Mountains rise 5,000 feet almost from the water's edge. Boats daily.

Navy Yard, Puget Sound. Battleships and cruisers, torpedo boats and submarines. Two immense dry docks, one the largest on the Pacific Coast. Boats frequently during the day.

Suggestions regarding these trips and detailed information for side trips can be secured at the City Ticket Office of the C. M. & St. P. Railway, Second and Cherry Streets, Seattle.

## MEETING OF THE AMERICAN HOME ECONOMICS ASSOCIATION, OAKLAND, CALIFORNIA

*August 26-28, 1915*

### IN CONNECTION WITH THE NATIONAL EDUCATION ASSOCIATION

The date August twenty-sixth was specifically arranged by the Vocational Education and Practical Arts Association to accord with the dates of the meeting of the American Home Economics Association. Accordingly plans have been made to join with that association in the program of the twenty-sixth of August.

#### TENTATIVE PROGRAM

##### DEPARTMENTAL CONGRESS ON VOCATIONAL EDUCATION AND PRACTICAL ARTS

*Thursday, August 26*

*9.30 a.m.*

Topic—Vocationalizing Industrial Education

(a) *Art and its Place in National Growth,*

Frank Alvah Parsons, President New York City School of  
Fine and Applied Arts

(b) *Home Economics Applied to Life,*

Miss Martha Van Rensselaer, President American Home  
Economics Association, Ithaca, N. Y.

(c) *The School Shop in its Relation to Bread Winning,*

James Collins Miller, Provincial Director of Technical  
Education, Edmonton, Canada.

## Discussion—

Miss Florence Ellis

Miss Ednah A. Rich

2.00 p.m.

Topic—Economic Aspects of Vocational Education

(a) *Vocational Education and the Labor Problem*,Carroll G. Pearse, Superintendent of Schools, Milwaukee,  
Wisconsin(b) *Vocational Education in its Wider Implications*,Thos. M. Balliet, Dean of the School of Pedagogy, New  
York University(c) *The Social Phases of Vocational Education*,Richard G. Boone, University of California, Berkeley,  
California

Discussion—

Dr. R. E. Snyder

Mr. C. A. Simon

8.00 p.m.

Topic—The Organization and Administration of Vocational Educa-  
tion,Chas. H. Keyes, President Skidmore School of Arts, Saratoga,  
N. Y.*Friday, August 27*Program of the American Home Economics Association continued  
in Assembly Hall of the Y. M. C. A.

10.00 a.m.

Five minute reports of work in Home Economics in California  
institutions

Mrs. Lulie W. Robbins, Public Schools, Oakland

Miss Ellen Barrett, Public Schools, San Francisco

Miss Lillian D. Clark, Agricultural Experiment Station, Berkeley

*The Domestic Visitor*, Miss Ednah Rich, President Normal School,  
Santa Barbara, California*Training the Filipino Girl for Home Service*, Mrs. Bessie R. Wolv-  
ington, Philippine Public Schools*The United States Department of Agriculture and Home Economics*,Dr. C. F. Langworthy, Chief, Office of Home Economics, U. S.  
Department of Agriculture, Washington, D. C.

2.30 p.m.

*Class Standards of Consumption in Relation to Economic Progress,*

Dr. Jessica B. Peixotto, University of California, Berkeley

*Educating the Modern Girl,* Mr. J. H. Francis, Superintendent

Public Schools, Los Angeles, California

7.00 p.m.

Dinner at the California Exposition building

*Saturday, August 28*

10.00 a.m.

*Nutritional Physiology,* Dr. M. E. Jaffa, Professor of Nutrition,  
University of California, Berkeley

*Teaching Budgets,* Dr. Benjamin Andrews, Teachers' College,  
New York City

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#### GENERAL ARRANGEMENTS

For any additional information, address the Chairman of the local committee, Miss Ellen M. Bartlett, care Board of Education, San Francisco, California.

The Committee announces that a room in a private house will be from fifty cents to a dollar a day; in an apartment from one to two dollars; and in a hotel three dollars up.

Officers of the Association will be at the Hotel Oakland during the Convention.

Meetings of the Association will be held in the Y. M. C. A. auditorium. General headquarters of the Association will be in the high school building, Oakland.

Reservations for rooms should be made early.

#### LOCAL COMMITTEES

##### *Seattle*

Miss Effie Raitt, Head of the Department of Home Economics, University of Washington, Seattle, Washington, *Chairman.*

Mr. Arthur Sewall Haggett, Dean, College of Liberal Arts.

Miss Isabella Austin, Dean of Women.

Professor David Thomson.

Professor Henry Kreitzer Benson.

Professor Frank Marion Morrison.

Professor E. Victor Smith.

*Oakland*

Miss Ellen M. Bartlett, Supervisor of Public Schools, San Francisco, California, *Chairman*.

Mrs. Lulie W. Robbins, Supervisor of Home Economics, Oakland.

Miss Josephine Davis, University of California.

Miss Bertha C. Prentiss, Supervisor of Home Economics, Berkeley.

Miss Matie P. Clark, Polytechnic High School, Oakland.

Miss Edna Rich, President of the State Normal School, Santa Barbara.

OFFICERS OF THE ASSOCIATION

*President*—Martha Van Rensselaer, Cornell University, Ithaca, N. Y.

*Vice-presidents*—Marion Talbot, University of Chicago; Benjamin R. Andrews, Teachers College, Columbia University, New York City; Abby L. Marlatt, University of Wisconsin, Madison.

*Secretary*—Anna Barrows, Teachers College, Columbia University, New York City.

*Treasurer*—C. F. Langworthy, 1604 17th Street, Washington, D. C.



# BULLETIN

OF THE

## American Home Economics Association

HOME INSTITUTION SCHOOL

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NOVEMBER, 1915

No. 3

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### MEETINGS OF THE COUNCIL OF THE AMERICAN HOME ECONOMICS ASSOCIATION, SEATTLE, WASHINGTON

*August 18, 1915*

The council discussed the program and arrangements for the meetings on the succeeding days. On motion the President was directed to appoint a committee of five on nominations, to be selected with the advice of the Council. On motion a committee on resolutions was authorized, the appointment to be made by the President. On motion a temporary committee on Legislation was appointed to consider the report of the Standing Committee on Legislation which had been submitted by its Chairman, Professor Kinne, of Teachers College, and a temporary committee on Press, Mrs. Dabney, Chairman.

B. R. ANDREWS, *Acting Secretary.*

*August 20, 1915*

The President announced the Committee on Nominations as follows: Miss Josephine Berry, Chairman; Miss Alice Loomis, Miss Catherine MacKay, Miss Ruth Wheeler, Miss Flora Rose, and on motion, the Committee was confirmed by the Council. The President announced the Committee on Resolutions: Miss Alice Ravenhill, Chairman; Miss Mamie Bunch; and Miss Mary E. Gearing. The temporary Committee on Legislation: Miss Jenny Snow, Chairman; Miss Ina K. Pitner; and Mr. Benj. R. Andrews. The appointments were confirmed by the Council.

## APPOINTMENT OF EDITOR

The President announced that Mrs. Alice P. Norton had been chosen by the Editorial Board as Editor of the *Journal of Home Economics*, with an arrangement of \$800 compensation for part-time service, and that the election of Mrs. Norton had been confirmed by a unanimous vote of the Council taken by correspondence. Mrs. Norton is to begin her services on September 1, 1915.

## PERMANENT COMMITTEE ON LEGISLATION

The Permanent Committee on Legislation, with Miss Helen Kinne, Chairman, was continued with its present members, namely: Mrs. Mary H. Abel, Miss Emma S. Jacobs, Prof. Benjamin R. Andrews.

In addition the Chairman was directed to increase the membership of the Committee by inviting the following persons to join it, because of their special interest in the Smith-Hughes bill proposing Federal Aid to Vocational Education: President W. W. Thompson, Ohio State University; President H. J. Waters, Kansas State College; Dean B. T. Galloway, Cornell University; Miss Abby L. Marlatt, University of Wisconsin; Mrs. Alice P. Norton, Chicago; Mrs. Anna Garlin Spencer, New York; and Mrs. Mary Schenck Woolman, Boston. The Permanent Committee on Legislation was directed to take active steps in considering the Smith-Hughes bill.

## THE FINANCE COMMITTEE

The Finance Committee, composed of Professor Cole, of Harvard University, Chairman, the Secretary and Treasurer, and the President of the Association ex officio, was continued, and was requested to make a study of rules for the financial administration of the Association and of the *Journal*, and to report at the next meeting of the Association. The matter of a budget was also referred to the Committee for consideration and action if possible.

RELATION TO NATIONAL SOCIETY FOR THE PROMOTION OF INDUSTRIAL  
EDUCATION

The President, Miss Van Rensselaer, reported that the National Society for the Promotion of Industrial Education had asked formal coöperation with the American Home Economics Association, and

especially that a representative of each association should be present at the convention of the other and bring about such active coöperation between the two societies as might be possible. By vote the Council appointed Miss Isabel Ely Lord as the representative of the Association in bringing about this coöperation.

#### MEMBERSHIP IN THE INTERNATIONAL OFFICE FOR THE TEACHING OF DOMESTIC SUBJECTS

By vote the Secretary of the Association was authorized to take out a membership in the name of the American Home Economics Association in the International Office for the Teaching of Domestic Subjects, at Fribourg, Switzerland, and to subscribe for the publications of that office, and was directed to bring this International office to the attention of members of the Association by an appropriate article in the *Journal*, and to endeavor to bring about a wider coöperation of American teachers of home economics with this international organization.

#### INTERNATIONAL COMMITTEE ON TEACHING OF HOME ECONOMICS

Mr. Andrews reported that a meeting had been held at Teachers College, Columbia University, in May, which brought together the members of the Association from the teaching staff of schools and institutions in and about New York, and also a group of persons interested in the promotion of home economics education in China, and that this meeting had by vote asked the American Home Economics Association to provide for a permanent committee to develop the interest of American teachers in the promotion of home economics education in China, India, Turkey, and other countries which are now introducing modern systems of education. The meeting had been attended especially by a group of Chinese students, both men and women graduates and members of the faculty of the Canton Christian College which is just now organizing a Chinese College for Women in which it is desired to include a home economics department as an important feature. The political and social transition in China just at present is affecting domestic institutions particularly, and the women of the Oriental Republic need especially instruction



in the art of living which home economics teaching can provide. That was the opinion expressed at the New York meeting, by Dean Chung of the Canton College, formerly Commissioner of Education for a large section of South China. The opinion was expressed by members of the Council that an International Committee on the teaching of home economics might interest members of the Association and students in our colleges and schools to aid in the establishment of the Department of Home Economics desired at the Canton Christian College, especially since the students and alumni of Teachers College are already supporting a professorship of education in that College filled by a young Chinese educator who holds his Ph.D. from Columbia, and also since the students and alumnae of Vassar College are supporting the first professorship of women in this institution which has been filled by the appointment of Miss Liu, a graduate of Vassar and of Teachers College, Columbia. It was felt further by the Council that such an International Committee might widen the view of American workers and students in home economics and bring much benefit to our own institutions. After discussion, on motion the following committee was appointed, with power to add to its members: Mr. Andrews, Chairman, and Miss MacKay.

#### REPORT OF COMMITTEE ON THE "RICHARDS MEMORIAL FUND"

Since the last annual meeting, the Trustees of the Richards Memorial Fund have met and organized, and provided for the investment of the funds in hand, and the Trustees now ask the Association for definite suggestions as to the use of the income of the Fund. This income, though modest in amount, has great possibilities if wisely used.

The Council of the Association appointed the Board of Trustees, composed of twelve persons, elected for terms of three years, the Board to be continued by the election of four persons by the Council each year. The membership of the first board is as follows:

For three years: Mrs. Mary Hinman Abel, Roland Park, Baltimore, Md.; Mr. Frederick B. Pratt, Pratt Institute, Brooklyn, N. Y.; Prof. Robert H. Richards, Massachusetts Institute of Technology, Boston, Mass.; Dean Marion Talbot, University of Chicago, Chicago.

For two years: Prof. Isabel Bevier, University of Illinois, Urbana, Ill.; Mrs. Annie Dewey, Lake Placid Club, Lake Placid, N. Y.,



Dr. C. F. Langworthy, United States Department of Agriculture, Washington, D. C.; Miss Frances Stern, 14 Fessenden Street, Jamaica Plain, Mass.

For one year: Prof. Benjamin R. Andrews, Teachers College, Columbia University, New York City; President Charles W. Dabney, University of Cincinnati, Cincinnati, Ohio; President Ednah A. Rich, State Normal School, Santa Barbara, Cal.; and James J. Walsh, M.D., New York City.

The Trustees met and organized on January 2, 1915, by electing Frederick B. Pratt of Brooklyn, Chairman, and Benjamin R. Andrews, of Teachers College, Secretary and Treasurer.

By resolution of the Council, "The Board of Trustees have responsibility for holding and investing the Richards Funds, and all permanent funds of the Association, including life memberships, and advisory relationship for the raising of additional funds."

This means that the Association now has the coöperation of a permanent board of investment which will care for funds entrusted permanently to the Association for the promotion of the homemaking idea. Life membership in the Association, constituted by the payment of \$50 into the treasury of the Association, may now be urged upon members of the Association as a method of making a permanent contribution to the progress of home economics. Members are urged also, in drawing their personal wills, to make the "American Home Economics Association" (the incorporated title of the Association) a beneficiary in a sum smaller or larger as circumstances may permit. Thus a permanent foundation may be established to continue the work in which we have labored together.

*Funds.*—July 1, 1914, the amount in hand for the Richards Memorial Fund was \$2,737.05 in cash and \$400 inventory of publications for sale on hand; in the past year the Fund has been increased by \$539.19, including 27 contributions from individuals and from schools, and also by the interest from funds in hand. The total now in hand is \$3,276.24. Of this amount \$3000 has been invested at 5 per cent, and the balance is in banks.

*Suggested Uses of Income.*—The following objects have been suggested for the use of income:

A medal to be awarded for discoveries or books which will improve the arts of housekeeping and homemaking.

A prize offered in an essay competition; or a competition in house-planning, in house furnishing, etc., open to students in higher institutions.

The promotion of research and laboratory or field studies, for example in nutrition, in home management, in child care.

The publication of special scientific articles too extended to be printed in the *Journal*.

The establishment of an occasional lectureship in selected institutions, for example, in colleges in which home economics courses are not yet offered; or lectures to present subject matter which is still being developed; for example, just now there is needed a series of lectures by some leading economist or sociologist on home problems which would interest men as well as women, and which after compilation and delivery might be published as a book and made available in widening our courses of instruction.

The establishment of an Ellen Richards exchange professorship of home economics, occasionally at least, in women's colleges of foreign countries, as for example in the Canton Christian College of China, which is just now seeking the establishment of a department of home economics. Such a lectureship would aid greatly in introducing home science into foreign countries in which modern educational systems are taking form, and would bring back a stimulus to us who are working for home betterment in the United States and Canada.

The views of members on these and other specific suggestions are desired by the Trustees of the Richards Fund.

[Signed] BENJAMIN R. ANDREWS

*Secretary of Board of Trustees of Richards Memorial Fund*

The Council voted to accept the report of the Ellen H. Richards Trustees and voted to elect the following persons as Trustees for three years beginning January 1, 1916: B. R. Andrews, Teachers College; Harriet A. Boyer, New Orleans; Mrs. John A. Widtsoe, Logan, Utah; and Miss Ava B. Milam, State College, Corvallis, Oregon.

## INVESTIGATION OF COLLEGE DINING ROOMS

A communication was presented to the Council by Mr. Andrews from Miss Nola Treat, Director Elect of the College Commons at Kansas State College, Manhattan, Kansas, asking that the American Home Economics Association secure an investigation of college dining rooms and lunch rooms with a view to improving the administration of such enterprises. After discussion it was voted by the Council to ask the Institution Economics Section to arrange for a thorough survey of university and college dining and lunch rooms preferably by securing such an investigation on the part of the Carnegie Foundation or some Government agency, if possible, or if this prove impossible, by providing itself for such a study. The Secretary was directed to communicate with Miss Arnold and secure the coöperation of Mr. Henry Wright of the Institution Economics Section.

## REPORT OF COMMITTEE ON HOME ECONOMICS DAY

Dr. Andrews reported that the Committee drew up suggestions for an observance of December 3, 1914 of the birthday anniversary of Ellen Richards, which included: (1) Suggestions for commemorating the 100th anniversary of the death of Count Rumford, the first scientist to study household problems, and thus the forerunner of Ellen Richards and scientific workers of today; (2) the publication of a biographical sketch of Rumford's work, written at the request of the Committee by Professor Webster of Clark University; (3) suggestions for a pageant illustrating the progress of homemaking from Rumford's day to the present; (4) an original home economics play for students, "Prince Caloric and Princess Pieta," which was printed in the *Household Arts Review of Teachers College* and republished in pamphlet form. This observance of Ellen Richard's birthday has been a means of emphasizing the history of home economics and of developing a professional spirit with regard to the vocation of homemaking. No meetings of the Committee have been held but coöperation by post has been had. The Chairman recommends that a new committee be constituted for 1915, and that a program for Richards day be arranged and made available by October 1. In connection with observance of Richards' Day, the Committee urges

that the *Life of Ellen H. Richards* be recommended as required reading in Home Economics and English courses in high schools, and moves the following resolution:

*Resolved:* That the Secretary be directed to ask the National Council of Teachers of English to include the *Life of Ellen H. Richards* by Caroline L. Hunt, in the list of books suggested for home reading and published by the council for the use of high school teachers of English.

And further, that the Secretary be directed to bring to the attention of the members of the American Home Economics Association the possibilities of using the *Life of Ellen H. Richards* as a text.

On motion the report of the Committee on Home Economics Day was accepted by the Council, and after further discussion it was voted that Dr. Langworthy be asked to complete the preparation of the pageant: "America's Gifts to the Old World," and make it available as the suggested home economics day program for 1915.

On vote the following committee, with power to add to its numbers, was constituted for the home economics day program: C. F. Langworthy, Chairman; Miss Caroline Crawford; Miss Helen Atwater; Miss Blanche Hazard, of Cornell; and Mrs. E. B. Wilson, of Jefferson, Ohio.

#### REPORT OF COMMITTEE ON BIBLIOGRAPHY OF HOME ECONOMICS

The Committee was appointed June, 1914, and in accordance with the request of the Council the American Library Association appointed last autumn a committee to coöperate with this Committee, the chairman being Miss Linda A. Eastman, of the Cleveland Public Library.

Miss Eastman and I have, of course, been in correspondence, but we have both, through pressure of business, been unable to get together enough material to submit to our respective committees. We have a list, but it does not at all satisfy us. We shall be glad if you are willing to continue your Committee for another year, in the hope of a more satisfactory report at the next annual meeting.

[Signed] . ISABEL ELY LORD,  
Chairman.

On motion the report of the Committee was accepted with the thanks of the Council, and the Committee was continued and asked to report at the 1916 meeting.



## REPORT OF THE EXECUTIVE SECRETARY

The report of Miss Anna Barrows, Executive Secretary of the Association, which had been earlier presented to the *Journal*, was called to the attention of the Council. The Treasurer of the Association reported that contributions had been received for the Executive Secretary's fund from members of the Association at the time of the Cleveland Convention and in the months since to the amount of \$467.80. In addition schools and colleges have contributed \$640.97 to the expense account of the Executive Secretary in connection with her traveling expenses and local endowment, making a total of receipts of \$1,108.77. The expenditures against this fund have been for the salary of the Secretary for three months, \$500; expense fund, traveling, hotels, etc., \$450.63; total \$950.63, leaving a balance in the Executive Secretary's fund of \$158.14.

On motion the Secretary was directed to express to Miss Barrows the appreciation of the Council for her devoted services in connection with the Executive Secretaryship which resulted in bringing inspiration and help to home economics workers in such a wide extent of territory, and to express further the hope that it might be possible to arrange field work of the same character again in the coming year.

## COMMUNICATION FROM INTERNATIONAL CHILD WELFARE LEAGUE

The International Child Welfare League presented to the Council a report of its effort in organizing a bureau for furnishing trained workers for households on call by the hour. The Secretary was directed to acknowledge the communication, expressing the interest of the Association in the success of the experiment of the League and to refer its report to the Editor of the *Journal*.

## THE 1916 MEETING

After canvassing the possibilities for the 1916 meeting of the American Home Economics Association the Council decided to accept the invitation of the University of Minnesota, presented two years ago by Miss Berry. The time of holding the convention was discussed, and it was the opinion of the Council that the last week in August or thereabouts would be most acceptable. On motion the

Secretary was directed to communicate to the Institution Economics Section at the request of the Council that a joint meeting with the Association be arranged for this time at the University of Minnesota.

### TREASURER'S REPORT

The report of the Treasurer was received and entered on the minutes as follows:

#### REPORT OF THE TREASURER, JUNE 22, 1914, TO JULY 16, 1915, INCLUSIVE

##### *Statement of Receipts and Disbursements*

	<i>Receipts</i>	<i>Expenditures</i>	<i>Balance</i>
Association.....	\$1,514.88	\$1,140.02	\$374.86
Journal.....	7,205.92	5,178.20	2,027.72
Richards Memorial Fund.....	337.70	259.80	77.90
Housekeepers' Department.....	398.75	94.00	304.75
Institution Economics Section.....	255.49	136.99	118.50
	<hr/>	<hr/>	
	\$9,712.74	\$6,809.01	\$2,903.73
	6,809.01		

Balance, Cash on hand..... \$2,903.73

Balance, Interest-bearing account, Harford Nat. Bk., Bel Air, Md..... \$532.11

Balance, Check account, Baltimore Trust Co., Baltimore, Md..... 2,346.07

Cash in office..... 25.55

Total cash on hand..... \$2,903.73

##### *Assets and Liabilities*

Total cash on hand..... \$2,903.73

##### **Assets:**

Unpaid dues.....	\$289.00	
Unpaid subscriptions.....	1,592.00	
Unpaid advertising.....	354.43	\$2,235.43

Liabilities (Unpaid bills in hand)..... 23.00 2,212.43

Total Assets..... \$5,116.16

##### *Association*

##### **Receipts:**

Dues collected.....	\$1,344.07
Interest on \$519.44 account in Harford Bank.....	12.67
Executive Secretary Fund, Balance.....	158.14

\$1,514.88

## Expenditures:

Overdraft from 1914.....	\$71.40	
Budget allowance for Institution Economics Section.....	50.00	
Meetings.....	291.23	
Bulletins.....	124.56	
Officers' Expenses.....	36.06	
Managing Editor's Office ( $\frac{1}{2}$ ).....	566.77	\$1,140.02
Balance.....		\$374.86

*Journal*

## Receipts:

Balance from 1914.....	\$913.80
Reprints.....	83.50
Subscriptions.....	5,477.02
Single Copies, Back Numbers and Volumes.....	265.93
Advertising.....	456.27
Bibliography.....	4.80
Books, Profit.....	4.60
	<hr/>
	\$7,205.92

## Expenditures:

Printing.....	\$2,793.89	
Editor's Office.....	96.76	
Managing Editor's Office ( $\frac{1}{2}$ ).....	2,267.09	
Miscellaneous.....	20.46	5,178.20
Balance.....		<hr/>
		\$2,027.72

*Richards Memorial Fund Account with Association*

## Receipts:

Syllabus.....	\$234.22
Pictures.....	7.97
Reprints.....	32.88
Plays.....	11.25
Books.....	9.72
Contributions.....	41.66
	<hr/>
	\$337.70

## Expenditures:

Overdraft from 1914.....	\$5.09	
Syllabus.....	47.34	
Money sent to B. R. Andrews, Chm., Fund Committee.....	110.00	
Pictures.....	9.00	
Books.....	7.50	
Reprints.....	25.15	
Plays.....	6.50	
Miscellaneous.....	49.22	259.80
Balance.....		<hr/>
		\$77.90

*Housekeepers' Department*

Receipts:	
Balance from 1914.....	\$378.75
Contributions .....	20.00
	<hr/>
	\$398.75
Expenditures .....	94.00
	<hr/>
Balance.....	\$304.75

*Institution Economics Section*

Receipts:	
Balance from 1914.....	67.38
Budget allowance.....	50.00
Contributions.....	138.11
	<hr/>
	255.49
Expenditures.....	136.99
	<hr/>
Balance.....	\$118.50

Respectfully submitted,

C. F. LANGWORTHY,  
*Treasurer.*

On motion the books of the Treasurer were referred to the Committee on Auditing, Mr. Frank Whitcomb, of Boston, Chairman, for examination and a formal report to the Council at its October meeting.

## REPORT OF THE JOURNAL OF HOME ECONOMICS

Dr. Andrews, Associate Editor, reported as follows:

The Editorial Board during 1914-1915 has been composed of Mrs. Mary H. Abel, Editor, and B. R. Andrews, C. F. Langworthy, Anna Barrows and Isabel Ely Lord as associate editors; during the year, by the vote of the Council, the Editorial Board was enlarged to include as ex officio members, the president of the Association and the chairman of each organized section of the Association. The *Journal* has continued to employ a salaried managing editor, and the post has been filled efficiently by Miss Keturah Baldwin, who, with one assistant, has maintained an office for the Association and the *Journal* in a rented room now at 2024 St. Paul Street, Baltimore, Maryland. The responsible editor, Mrs. Abel, who has supervised the *Journal* personally from its third issue, in June 1909, after six full years of voluntary unpaid service which has involved the devotion of time daily and often whole days to the *Journal*, is now released from the editorship at her own urgent request.



The Editorial Board has recommended to the Council, and the Council has adopted the recommendation, that Mrs. Alice Peloubet Norton be employed for part time as responsible editor of the *Journal*.

Mrs. Norton is a graduate of Smith College (1882) and obtained her Master's Degree at the same college in 1897. She served one term as Alumnae member of the Board of Trustees. She is also a graduate of the Boston Normal School of Household Arts (1896), now the Mary Hemenway Department of the Framingham Normal School, and has taken a number of courses at the Massachusetts Institute of Technology and in the graduate school of the University of Chicago.

Mrs. Norton began her teaching in the High School at Brookline, Mass., where she also had supervision of the Grammar School work in Domestic Science. For several years she was in charge of the Home Economics work in the School of Education, University of Chicago; and after her resignation acted as supervisory dietitian for the public institutions of Cook County, Ill. She is the author of *Food and Dietetics*.

The associate editors have served as advisers to the editor, meeting several times as a group during the year, have revised manuscripts, read proof, etc.

The printing of the *Journal* continues to be done by Williams & Wilkins, Baltimore, who have this year begun the soliciting of advertising for the *Journal* with promise of increasing the financial returns to the *Journal*.

The subscription list continues to grow and is about 3250 at present. The plan of giving the first year's subscription at a rate of \$1 to students still in school has brought in several hundred subscriptions. The *Journal* has a budget now of over \$6000 a year, and is becoming a valuable property, as well as a heavy responsibility for its managing board. One great forward step this year has been the establishment of monthly issues of the *Journal*, ten during the year instead of five. This enlargement of the *Journal*, with the provision for the first time of a compensated editor, should mean great progress in this next year. The Board asks that every member of the Association aid the *Journal* as follows:

1. That every college and normal student graduating be impressed with her need of the *Journal* and her professional responsibility for subscribing to it. The initial \$1 rate is available for such students.

2. That each member send in regularly news items of her institution, of new courses, of equipment, of teaching methods, etc.

3. That suggestions as to desired articles be sent to the Editor. The *Journal* is yours, not the editor's.

4. That the *Journal* be recommended to every teacher, home economics worker, and library within your reach.

On June 5, 1915 there were 2052 regular subscribers, 1164 student subscribers, and 36 exchange copies, a total of 3252. On June 30, 1914 there were 1855 regular subscribers, 188 student subscribers, and 28 exchange copies, total of 2071, a growth of 1181 during the year. The financial statement for the year shows the following:

<i>Receipts</i>	
Balance from 1914.....	\$913.80
Subscriptions.....	5,477.02
Back numbers and single copies.....	265.93
Advertising.....	456.27
Bibliography.....	4.80
Reprints.....	83.50
Book sale profits.....	4.60
Total receipts.....	\$7,205.92
<i>Expenditures</i>	
Printing.....	\$2,793.89
Editor's Office .....	96.76
Managing Editor's Office ( $\frac{4}{5}$ of expense) (other $\frac{1}{5}$ charged to Assn.).....	2,267.09
Miscellaneous.....	20.46
Total.....	\$5,178.20
Balance.....	2,027.72

The report of the *Journal* Board was received and ordered printed. After discussion the Council voted to constitute the Editorial Board for 1915-1916 as follows:

Editor, Mrs. Alice P. Norton; Managing Editor Miss Keturah Baldwin; Associate Editors: Mrs. Mary H. Abel, Dr. C. F. Langworthy, Miss Anna Barrows and Miss Isabel Ely Lord; ex officio members: Miss Martha Van Rensselaer, President of the Association; Miss Sarah Louise Arnold, Chairman of the Institution Economics Section; Miss Ruth Wheeler, Chairman of the Science Section; and Miss Gertrude McCheyne, Chairman of the Extension Section.

[Signed]

B. R. ANDREWS,  
*Acting Secretary.*

BUSINESS MEETING OF THE AMERICAN HOME  
ECONOMICS ASSOCIATION, SEATTLE,  
WASHINGTON

*Saturday, August 21, 1915*

The Secretary reported briefly to the Convention the action taken by the Council of the Association as reported elsewhere in the minutes of the Council.

EXTENSION OF WOMEN'S INSTITUTE AND CLUB WORK IN THE  
CANADIAN PROVINCES

After discussion, the following resolutions were adopted:

WHEREAS, the Canadian delegates at the convention of the American Home Economics Association meeting at the University of Washington, Seattle, August 19-21, 1915, have met and carefully considered the advisable steps to be taken for the best progress of women's institutes, clubs for home betterment and rural development in the Canadian provinces, this conference of delegates from schools, colleges, universities, and rural extension movements in both the United States and Canada adopts the following resolutions:

*Resolved:* I. That the conference express to the Dominion and Provincial authorities the appreciation felt in both countries for splendid examples of home economics work afforded by Canadian schools and Government agencies. The women's institutes developed to such high efficiency in Ontario and later organized by the other provinces, the superior home economics courses in MacDonald College at Ste. Anne de Bellevue, Quebec, and MacDonald Institute at Guelph, Ontario, and the recent appointment of a very competent woman as inspector of household science in the public schools of Saskatchewan are typical examples of progress in work for home betterment in Canada which bring encouragement to the whole body of teachers of home economics in North America.

II. That the Conference refer to the Canadian government, with an earnest request for favorable consideration, the following recommendations for the extension of home economics clubs, women's institutes, etc., drawn up by the Canadian delegates present at this convention:

1. That the women's institute and the women's club movement be represented in the Department of Agriculture of the Federal Government at Ottawa.

2. That a Superintendent to take charge of this work in its various developments be appointed solely for this purpose in each province of the Dominion.

3. That an annual meeting be organized of those responsible for the direction and extension of this work in the Dominion.

4. That an effort be made to unify this work, to record its organization, extension, progress, and prospects by utilizing as its official organ one of the journals of high standing associated with agricultural or technical interests.

5. That these recommendations be brought to the attention of the leading officials connected with the movement in Canada.

#### REPORT OF COMMITTEE ON STATE SUPERVISION OF HOME ECONOMICS

Miss Alice Thomas, Chairman of the Committee, reported that a questionnaire had been sent to the State Departments of Education and reported at length upon the returns, offering in conclusion, a resolution calling upon the State Education Departments to provide a special supervisor of home economics instruction in the public schools who should be a person competent by training and special ability for this important post. By vote the resolution was referred to the Committee on resolutions for further consideration, and later the Committee on Resolutions presented to the Convention the following report which was adopted:

*Resolved:* That after careful deliberation the Committee on Resolutions recommend that the resolution on the appointment of State Inspectors of Home Economics be referred back for further consideration and for fuller information as to the organization and supervision of the teachers of home economics in the various states—with a view to securing material upon which opinions can be formed as to the advisability or the reverse of imposing one method of inspection on this subject on all states.

By vote the convention directed that the Committee on State Supervision be continued and requested to make a more extended investigation during the coming year, and report at the 1916 convention.

#### REPORT OF COMMITTEE ON LEGISLATION

Miss Kinne, Chairman of the Committee on Legislation, sent an extended report upon the work of that Committee during the past



year. The thanks of the Association were voted to the Committee, and its report, which had been referred to a Convention Committee on Legislation with Miss Jenny Snow Chairman, was made the basis of the following report by the Convention Committee on Legislation:

*Resolved:* 1. That the members of the Association heartily approve of the purpose and scope of the Smith-Hughes bill now before the Congress of the United States which provided (1) that federal grants of money, to be supplemented by equal appropriations by the individual states, be given for the training of teachers of home economics, agriculture and trade and industrial subjects; (2) that similar grants be made for paying part of the salaries of teachers, supervisors, and directors of agricultural subjects, and of teachers of trade and industrial subjects; and (3) that a federal board be established for making investigations of home economics, agriculture, trade and industrial subjects.

2. That the committees of the United States House of Representatives and the United States Senate having the Smith-Hughes bill in charge be asked to report this bill, promptly and favorably, to Congress at the opening of the coming session.

3. That our hearty approval be voiced in favor of the Child Labor bill now before Congress.

4. That each member of the Association be urged to acquaint himself personally with the measures mentioned above and express his opinion by personal letter to the United States Senators and Representatives from his State, and to this end that the permanent Committee on Legislation be asked to prepare a digest of these bills and place it before all members of the Association early in the autumn, and organize an aggressive campaign of education among home economics workers.

5. Further, that home economics teachers be urged to inform themselves by a comparative study regarding home economics laws in their individual states, especially with regard to such matters as (1) Is home economics authorized as a school subject? (2) Is home economics required as a school subject? (3) Is state aid given to local schools for home economics teaching? (4) Are there high state standards for the certification of teachers of home economics? (5) Is there provision for state supervision of home economics teaching through the state education office, state university, or other agency? It is to be noted that the United States Bureau of Education is now in a position to furnish full details as to the laws regarding home economics in the different states.

## REPORT OF COMMITTEE ON RESOLUTIONS

The Committee on Resolutions, with Miss Alice Ravenhill as Chairman, and Miss Mamie Bunch, University of Illinois, and Miss Mary E. Gearing, University of Texas, reported the following resolutions, which were, on motion, adopted:

*Resolved:* 1. That a vote of condolence be passed and sincere expressions of regret be placed on record on the premature death of Mrs. Edna Day Hyde, with a recognition of the invaluable work she accomplished in the field of home economics.

2. That an expression of heartfelt appreciation be sent to Mrs. Mary Hinman Abel in view of her resignation from the editorship of the *Journal of Home Economics* for her devoted and effective labors over a long term of years which have contributed so materially to the satisfactory status of the *Journal*, and for the skill, tact, concentrated effort and discretion which successfully pioneered the *Journal* through its earlier stages and guided it to its present influential position.

3. That an expression of satisfaction be sent from this Association to the Secretary of Agriculture at Washington upon the reorganization of Bureaus which has resulted in the formation of the Office of Home Economics, a recognition of the importance and scope of the subject which must contribute to its extension, to the solution of its myriad problems and to its advancement in many of its relations.

On recommendation of the Committee on Resolutions the Association resolved unanimously that cordial votes of thanks and appreciation for courtesies and assistance generously rendered during this meeting of the American Home Economics Association be tendered to:

1. The University of Washington for the use of its buildings for the sessions.

2. The Women's Faculty Club for the delightful garden party offered to members.

3. The Home Economics Students' Club for the alfresco breakfast in Ravenna Park.

4. The State and City Associations of Teachers of Home Economics for the beach dinner on Saturday.

5. The University Club, Commercial Club and Seattle Chamber of Commerce for enjoyable auto rides and steamer trips.

6. The City Press for the excellence of the reports and space accorded to these.

7. Miss Effie Raitt and her assistants, Miss Denny, Miss Cruden and Miss Amery for their ceaseless care of all the details of the meeting.

8. Miss Ivanella Caskin for her admirable cafeteria arrangements.

9. Miss Adams and others concerned with the opening of sorority houses.

10. The School Board of Seattle for many courtesies extended to our convention.

11. Mrs. Ellen Dabney and her staff for their valuable contributions to the interest of the meeting by conducting members who wished to visit the schools and markets.

12. The Home Economics Teachers of Tacoma for their tea and reception to members attending the meeting.

13. The Y. W. C. A. and Women's Club for their hospitality to members of the Association.

14. The officers of the Association, more particularly Miss Van Rensselaer and Dr. Andrews, for their conduct of a most successful meeting.

#### ELECTION OF OFFICERS

The report of the Nominating Committee was received, and a ballot was ordered which resulted in the election of the following persons as officers of the Association:

President, one year, Miss Martha Van Rensselaer; Vice-President, three years, Miss Abby L. Marlatt; Treasurer, one year, William Morse Cole; Secretary, one year, Mrs. Alice P. Norton. Councilors (each for five years): Mrs. Henrietta Calvin, Miss Edna A. White, Miss Fannie Twiss, Miss Mary E. Sweeny and Miss Alice Loomis.

On motion the business meeting of the Association at Seattle adjourned.

#### BUSINESS SESSIONS, OAKLAND, CALIFORNIA

*August 27-28*

#### LAW AUTHORIZING DOMESTIC VISITORS

On resolution, the Association voted unanimously to Mrs. Frank A. Gibson of Los Angeles, an expression of its appreciation of her services in drawing up and aiding in the adoption of the California

law recently signed which authorizes local school boards to appoint visiting teachers of home economics to give instruction in household arts in the homes of the community, and the advisability of such a law in other states was referred to members of the Association and its local affiliated societies for consideration.

#### COMMITTEE ON COLLECTING FAMILY BUDGETS

On resolution, the Association directed its President to appoint a special committee on collecting family budgets, especially of expenditures of middle-class families, the committee to seek coöperation of individuals, of government departments, of departments of home economics in colleges, and normal schools, and to publish any data secured.

The Committee appointed were Dr. Benjamin R. Andrews, Chairman, Dr. Jessica B. Peixotto.

#### RESOLUTIONS ON EDITORSHIP OF JOURNAL

*Resolved:* That the convention of members of the American Home Economics Association meeting in Oakland express to Mrs. Mary Hinman Abel their appreciation of her devoted services, during six years of unremunerated toil, in developing the *Journal of Home Economics* and bringing it to its present high standard of professional excellence; and that they express to Mrs. Alice P. Norton, who is now to take up the editorship of the *Journal of Home Economics*, their confidence in the success which will attend her work and their readiness to coöperate with her in any way possible in advancing the *Journal*.

#### RESOLUTIONS ON OAKLAND MEETINGS

The Association unanimously expresses its hearty appreciation of the services of Miss Ellen Bartlett, Mrs. Lulie Robbins, Miss Davis, Miss Bertha Prentiss, Miss Matie Clark and Miss Ednah Rich, members of the local committee who made and carried out the arrangements which have given us so successful a meeting; and extends its cordial thanks to all who have contributed papers and addresses to the program. Also to the Y. W. C. A. for the use of their beautiful building and for the reception and afternoon tea given to the Association.

B. R. ANDREWS,  
*Acting Secretary.*



## SECTION MEETINGS

## INSTITUTION ECONOMICS SECTION

At the conference of the Institution Section which was held at Lake Placid Club June 25 to 29, 1915, it was voted that the special committees remain the same for this coming year. The committees with their chairmen are as follows:

*Housekeeping Supplies*, Mrs. Annie Dewey, Lake Placid Club.

*Laundry*, Miss L. R. Balderston, Teachers College, New York City.

*Per Capita Costs*, Mr. W. F. Cole, Harvard University.

*Dietitians*, Miss Flora Rose, Cornell University, Ithaca.

*Courses in Institutions Management*, Dean Arnold, Simmons College.

*School Lunches*, Miss Alice Boughton, Philadelphia.

*Cafeteria Management*, Miss Anna Hunn, Cornell University, Ithaca.

*Waste*, Miss Mary U. Watson, MacDonald Institute, Guelph, Canada.

*Dormitory Management*, Miss Elizabeth Goodrich, Simmons College, Boston.

*Food Sanitation*, Dr. C. F. Langworthy, Washington, D. C.

The chairmen of these special committees will be glad to receive suggestions of special problems from those in the various fields of work.

It is expected that in the near future complete proceedings of the June meeting will be printed. A brief report will be found in the *Journal* for October, 1915. Any question regarding this special section may be addressed to the Secretary, Miss Emma H. Gunther, Teachers College, New York City.

## NEW SECTIONS

Two new sections were formed at the Seattle meeting, the Science Section, and the Extension Education Section. Both of these, under the leadership of committees, held sessions during the Annual Meeting at Cleveland, Miss Agnes Hunt acting as chairman for the Science, and Mrs. Mary P. Van Zile for the Extension Education Section.

Each formally applied to the Association to be admitted as sections, and were granted authorization at the Council meeting March 13, 1915.

## SCIENCE SECTION

The Science Section, organized with Miss Ruth Wheeler, University of Illinois, as chairman, received reports of research in departments and discussed literature of the past year and plans for the coming year.

The chairman emphasized the great need for more coöperation in both teaching and investigation.

She said:

In one of the questionnaires that we sent out this year one of the questions asked was: "Would you be willing to share your subjects for either student, or faculty investigation, with other members of the Section?" Only two research workers were willing to do it. One reason given was that it did not seem quite safe to announce unfinished investigations, partly because the workers want to be sure of the accuracy of the work, and partly because they feel that the work belongs to the University and ought not to be made public before it is ready for publication. It is quite customary in our university to have a chemical research club, and a physiological research club, with the understanding that without the permission of the owner the ideas would not be used before publication, and universities are usually very generous in matters of that kind. Such discussions are most helpful in inspiration and in giving breadth of view and, within limits, entirely fair. Without such coöperation we are all falling short of making our best contribution to the big problem which belongs to us all—the development of household science.

The same thing is true in general of the literature. In order to keep up at all with the nutrition investigations now one has to read between thirty and forty journals. The abstracts help, and the bibliography that Mrs. Rose furnishes for our own *Journal* but we need still further coöperation.

If we knew better the work in other institutions in our own line we might help the graduate student make up her deficiencies so that she could work more easily with the other students. This is even more true in the case of undergraduates transferring from one college to another.

Brief reports were made of experimental work now being carried on or recently completed in the following Home Economics Departments:

*Michigan Agricultural College:* Difference of bread making qualities of spring and winter wheats. Bacteriological problem of canning.

*Missouri:* Temperatures in cooking.

*Purdue:* Effect of boiling milk on the consistency of custard.

*Illinois:* Work of undergraduates for six weeks at close of semester in nutrition. Work of students published in bulletin on the cooking of carp, also work in the preparation of chocolate. Reasons for variability in salt rising bread.

*Chicago:* How much mineral matter and other nutrients must be added to the county ration for dependent families to bring it up to the standard diet?

Miss Linch of New Zealand gave an account of the development of the scientific aspect in Home Economics work in New Zealand saying that while at first a less intelligent class of girls had taken the work, the college girls elected it with great interest when it was correlated with the sciences.

Dr. Wheeler gained the thanks of the whole section for the time that she so courteously gave at a special meeting in answering questions regarding recent research.

In response to the suggestion of many members a motion was made and carried that a chairman be appointed with power to organize her committee, this committee's duty to be that of conducting a question box for information on scientific problems through the columns of the *Journal of Home Economics*. Prof. Amy Daniels of Wisconsin was appointed chairman.

#### EXTENSION EDUCATION SECTION

One afternoon session was devoted to the program of the Extension Education Section, prepared with the help of the Extension Committee, Miss Laura Comstock, chairman. The chief purpose of the meeting was to bring the workers into touch with what is being done in the field and to show how the work of the laboratory and the classroom may be fitted to the conditions of the average home. The program consisted of reports from various extension workers in the states as to methods and equipment used. Mr. C. B. Smith of the Department of Agriculture spoke of the Home Demonstration Work and what it meant to the women, giving a partial report of the experimental project carried on by Mrs. Dresser at Brimfield, Mass. Papers were read by Miss Edmonds of Montana, Miss MacDonald of Missouri, Miss Knowles and Mrs. Campbell of Iowa, Miss Garvin of Indiana, Miss Bunch of Illinois, and others.

Several of these have been published in the *Journal* and others will follow.

The following day a meeting was held for permanent organization and the making of plans for work during the coming year.

Miss Gertrude McCheyne of Utah Agricultural College was made Chairman, and Miss Neale S. Knowles of Iowa State College, Secretary-Treasurer.

The following committees were appointed:

*On the training of extension workers:* Dr. B. R. Andrews, chairman; Miss Rose, Miss Loomis, Miss Comstock and Miss Oberlin.

*On a survey of extension work under urban conditions:* Miss Mamie Bunch, chairman; Miss Berry and Miss Garvin.



# BULLETIN

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No. 4

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Kindly send to the Association Office, Station N, Baltimore, Md., any correction of names, addresses, or official position.



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MARCH, 1916

No. 1

ANNUAL MEETING OF THE AMERICAN HOME  
ECONOMICS ASSOCIATION

The annual meeting will be held at Cornell University, Ithaca, N. Y., June 28-July 3 inclusive. June 28 will be given to the meetings of the Sections, and June 29-July 3 to the general program.

It is probable that the program of the Association will be continued on July 4 in connection with the N. E. A. in New York City.

A detailed announcement of the program will be published in the next BULLETIN.

TENTATIVE PROGRAM FOR THE HOME ECONOMICS SECTION OF THE  
DIVISION OF BIOLOGICAL CHEMISTRY AT THE ANNUAL MEETING  
OF THE AMERICAN CHEMICAL SOCIETY, URBANA, ILLINOIS

*April 19 and 20, 1916*

The occurrence of creatin in the urine of children, Louise Stanley, Chairman, Department of Home Economics, University of Missouri, Columbia, Mo.

The relation of a diet high in calcium to the calcium content of the tissues. Amy L. Daniels, Department of Home Economics, College of Agriculture, University of Wisconsin, Madison, Wis.

Address (Subject to be announced.) F. W. Howe, State Normal School, Framingham, Mass.

Address (Subject to be announced.) Alice F. Blood, Department of Chemistry, Simmons College, Boston, Mass.

The relation of biological chemistry to problems of the community. Report of a survey of the food condition at Sing Sing Prison. Emily B. Seaman, Teachers College, Columbia University, New York.

Digest of data on mineral substances in the diet. Grace MacLeod, Pratt Institute, Brooklyn, N. Y.

Diet in its relation to the treatment of diabetes. E. E. Butterfield, 135 East 34th Street, New York, N. Y.

The relative absorption of various cooking fats by fried foods, and the determination of the amount of hydrolysis of cooking fats at high temperatures; also, Physical and biological chemistry in the service of Home Economics. Agnes Fay Morgan, College of Agriculture, Berkeley, Cal.

A study of carbohydrates as milk modifiers. Ruth Wheeler, Department of Household Science, University of Illinois, Urbana, Ill.

Iron rust and its removal—new methods. H. L. Lang and Anna H. Whittelsey, Office of Home Economics, States Relations Service, Department of Agriculture, Washington, D. C.

Cleaning silver by contact with aluminum in alkaline solution. H. L. Lang and C. F. Walton, Jr., Office of Home Economics, States Relations Service, Department of Agriculture, Washington, D. C.

Washing and cleaning. W. D. Bancroft, Department of Chemistry, Cornell University, Ithaca, N. Y.

Whipped cream. W. D. Bancroft.

Phospholipins, lecithins, cephalin, and similar bodies. Mary Louise Foster, Smith College, Northampton, Mass.

The solution of antimony from some enamel cooking utensils. Elizabeth W. Miller, Department of Home Economics, University of Chicago, Chicago, Ill.

The temperature of potatoes while cooking and a method of measuring temperature during cooking and canning. R. D. Milner, Office of Home Economics, States Relations Service, Department of Agriculture, Washington, D. C.

### COUNCIL MEETING, OCTOBER 23, 1915

A meeting of the Council of the American Home Economics Association was held in New York City on October 23, 1915, at the Cosmopolitan Club. The meeting was called to order at 10.40, with the President, Miss Van Rensselaer, in the chair.

Present: Miss Van Rensselaer, Mrs. Norton, Professor Cole, Miss Arnold, Miss Bevier, Mrs. Calvin, Miss Comstock, Miss Cooper, Miss Fish, Miss Lord, Miss Nutting, Miss Root, Miss Sweeney, Dr. Langworthy, Dr. Sherman, Dr. True, and Miss Baldwin and Miss Rose as guests.

After a brief report of the last meeting of the Council the first business was the ratification of the informal action of the Council at Seattle conferring Honorary Membership upon Mrs. Mary Hinman Abel "in recognition of her services to the cause of Home Economics, especially as editor of the *Journal of Home Economics*, to which work she gave her services for six years."

Mrs. Norton and Professor Cole offered their resignations from the



Council because of their election as officers of the Association. These were accepted and the vacancies were filled by the election of Dr. C. F. Langworthy and Miss Anna Barrows. President Ellen Sabin also presented her resignation because of the pressure of other work. This was accepted with regret and President Ednah H. Rich was appointed in her place.

A report on the meeting of the Institution Economics Section was made by Miss Arnold, relating especially to the publication of the reports of the meetings and the financial relation of the Section to the Association. Much of the material presented is useful for class room work, and it is desirable to have it published in an available form. Mrs. Norton's suggestion that a special bulletin of the Institution Section be issued and that reprints in the *Journal* be made of such articles as seem of general interest was discussed by various members, and on Professor Cole's motion a committee consisting of one member of the Editorial Board, one member of the Institution Section and one member of the Council was appointed by the Chair with power to act. The committee appointed was Miss Arnold, Professor Cole and Mrs. Norton.

The budget of the Association was discussed informally. A motion was made by Miss Lord that the Treasurer be authorized to pay to Dr. Andrews for his trip to Seattle as Acting Secretary, the balance of his expenses over the \$100 previously voted and the amount contributed by Teachers College.

The question of the membership year of the Association, suggested by the difficulty that has arisen regarding second bills sent within twelve months, was referred to the Executive Committee.

It was voted to issue twelve numbers of the *Journal* during the year instead of ten as at present if the advertising agent would guarantee a thousand dollars worth of advertising.

Dr. Langworthy offered to the Association for publication the pageant "America's Gifts to the Old World" prepared by Miss Helen Atwater and himself, saying that any income received from its use was to be contributed to the Richards Fund. The Council accepted the offer, with thanks.

On Miss Lord's motion Miss Arnold was appointed, with expenses paid, to represent the Association at the meeting of the National Society for the Promotion of Industrial Education at Minneapolis, in addition to the joint representative of the two societies. It was

suggested that part of her expenses might be met by the National Society.

The president reported that the last week in August is the convenient time for the University of Minnesota to receive the Association for the annual meeting. The time and place were confirmed.

The representation of the Association at the meeting of the Southern Education Association was referred to the Executive Committee.

The time and place of the next Council meeting was referred to the Executive Committee, with the suggestions of Detroit in connection with the Department of Superintendence of the N. E. A. and Chicago after the meeting of the National Society at Minneapolis.

The disposal of the money for life membership and the question whether the *Journal* should be sent to life members was referred to the finance committee for consideration and report.

The advertisement of the *Journal* in the *Survey* was continued.

The moving of the *Journal* office was discussed. There seems in the opinion of the Council no reason under the present conditions for continuing the office in Baltimore. Chicago and Washington were proposed and the matter referred to a committee to be appointed by the president.

The president was also requested to appoint a committee to define the duties of the *Journal* Board.

The legislative committee made no formal report but it was stated that they plan to have some members attend the hearing on the Smith-Hughes Bill. The Council requested the secretary to ask that the Smoot Bill be included and given special attention, Dr. Langworthy emphasizing its immediate importance. It was requested that a notice in regard to this bill be put in the *Journal*.

The remainder of the meeting was taken up with the discussion of the finances of the Association, Mr. Cole presenting his plans in detail.

The two following recommendations were adopted:

Voted that all funds collected by agents of the Association shall be turned over to the treasurer directly without deduction of any sort.

Voted that the finance committee shall give authority for the disbursement of funds only to the treasurer, except that it may establish special petty cash funds by special appropriations and may authorize other officers to disburse such petty cash; but no disbursements of petty cash shall be deemed warranted unless covered by vouchers showing the detailed pur-

pose of the expenditure and signed by the officer for whom appropriation has been made, and no payment shall be authorized to be made by the treasurer except on warrant, showing the detailed purpose of the expenditure, signed by an officer in his functional capacity.

The form of voucher presented by the treasurer was also accepted.

The treasurer was authorized to pay for clerical work. The proposed salary of the editor of the *Journal*, \$800 for part time work, was confirmed, with the addition of traveling expenses not to exceed \$200, and the salaries of the managing editor, Miss Baldwin, \$1320, and her assistant, Miss Grasty, \$70 per month were voted.

It was voted that the treasurer use his discretion in the collection of bills.

[Signed] ALICE P. NORTON,  
*Secretary.*

#### COUNCIL MEETING, FEBRUARY 25, 1916

A meeting of the Council of the American Home Economics Association was held on February 25, 1916 at the Hotel Statler, Detroit, Mich.

Present: Miss Van Rensselaer, Miss Talbot, Miss Marlatt, Mrs. Norton, Mr. Cole, officers of the Association. Miss Berry, Miss Bevier, Miss Havens, Miss Loomis, Miss Rich, Miss Stanley, Miss Sweeney, Miss Terrill, Miss Wheeler, Miss White.

The meeting was called to order at 8 p.m., Miss Van Rensselaer presiding. The minutes of the last meeting were read and approved.

Mr. Cole presented the following report of the finance committee, offering a tentative budget serving the double purpose of a report to date and a budget for the coming year.

Membership in the Association is somewhat less than at the corresponding time last year; \$650 has been collected this year as against \$900 last year. Journal subscriptions are practically the same as last year. Receipts for advertising are much increased, the total for last year being somewhat over \$500, while \$850 have already been received this year. Receipts for back numbers and reprints, and for the Richards Fund have increased. In general the Association may count on an increase in income largely from the advertising.

On the other hand the expenses will be higher than last year due to the fact that 12 numbers of the *Journal* are to be issued instead

of ten; that there is a salaried editor and that other salaries in connection with the *Journal* have been raised. In estimating the expenses of the Association an allowance has been made for travelling expenses of the officers; this seems not only desirable but necessary since otherwise the choice of officers must be limited to those who can afford the expense.

The Finance Committee, therefore, reports to the Council the following budget, and recommends that the appropriations there suggested be made, with the understanding that the sums will not be expended, unless necessary; but, that in case exigencies call for more travelling expenses, printing, annual meeting expenses and advertising than are covered by the appropriations, the amount may be exceeded only on unanimous approval of the Finance Committee.

#### BUDGET—AMERICAN HOME ECONOMICS ASSOCIATION

		<i>Receipts</i>			
1914-1915		To date 1915-1916	Estimated More 1915-1916	Total Estimate 1915-1916	
\$1320	Association Dues.....	\$650	\$350	\$1000	\$1000
5100	Journal Subscriptions.....	3800	1200	5000	
500	Advertising.....	850	750	1600	
320	Number reprints, etc.....	250	150	400	7000
200	Richards Memorial Fund.....	250	150	400	400
					<u>\$8400</u>
<i>Association: Disbursements</i>					
\$560	Salaries Officers.....				
180	Clerical Assistance.....	130	100	230	
6	Travel.....	50	200	250	
200	Office general.....	100	100	200	
125	Bulletin.....	40	85	125	
300	Annual Meeting (Prep. 1915-16).....		50	50	
50	Institution Section.....		50	50	
					<u>\$905</u>
				Bal. Surplus	95
<i>Journal:</i>					
\$1025	Salaries Officers.....	1050	1050	2100	
725	Clerical Assistance.....	525	400	925	
90	Travel.....	133	250	400	
2800	Printing.....	2000	2800	4800	
575	Office general.....	400	200	600	
25	Advertising.....	20	30	50	
					<u>\$8875</u>
				Bal. Deficit	1875



On motion of Miss Marlatt, this report of the Finance Committee was unanimously accepted.

Two other matters were referred to the Finance Committee by the Council at the meeting in New York.

The Finance Committee reports that to grant life subscriptions to the *Journal* to Life Members would involve granting to Life Members virtually quid pro quo, and therefore no advantage would accrue to anyone from encouraging such memberships; indeed, to continue to credit such memberships to the Richards Memorial Fund, as is now done, would with free life subscriptions to the *Journal* actually create a possibly long-lived liability for the Association without return, except to the Fund. The Finance Committee has voted to make no recommendations whatever but simply to report the facts.

After discussion, Miss Rich moved that the matter be referred back to the Finance Committee with the request for a recommendation. The motion was seconded and unanimously carried.

The Finance Committee recommends to the Council that the Richards Memorial Fund Trustees be asked to add to the Fund, for five years, all income from the Fund—without implication regarding the use of the Fund after five years; but this does not contemplate the discontinuance of publication of articles for sale—for these are investments of income; but this is a recommendation only, and is not intended to tie the hands of the Trustees.

The report of the Executive Committee was presented by Mrs. Norton.

The Council at the meeting in New York referred to the Executive Committee the question of the membership year of the Association. The change in the time of the Annual meeting from December to June with the continued use of the calendar year as the membership year, has occasionally caused misunderstanding when a bill has been presented at the beginning of the year to those who have joined the Association at the annual meeting.

The Executive Committee recommend to the Council that the twelve months following the date of joining constitute the membership year of the Association.

The recommendation was accepted unanimously by the Council.

The place and time of the annual meeting were considered by the Executive Committee, because of a possible change in plans on account of delay in the completion of the new Home Economics

building of the University of Minnesota whose invitation had been accepted by the Association.

Seven hundred and sixty post cards were sent out asking the following questions:

Will you kindly state whether you would attend the 1916 meeting—

1. If held at the University of Minnesota the last week in August.

2. If held near New York just preceding the meeting of the N. E. A. announced for July 3-8 (The Institution section would probably hold its meeting at the same place.)

3. In general, do you prefer to have annual meetings of the Association held in August or late in June?

4. Is either time prohibitive for you?

Three hundred and two replies were received.

For the 1916 meeting:

169 voted *Yes* for New York; *No* for Minneapolis.

57 voted *Yes* for Minneapolis; *No* for New York.

19 voted *Yes* for *both*.

43 voted *No* for both.

14 were not counted because of indefinite replies.

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302 total.

In reply to questions 3 and 4:

163 prefer June; to 38 of these August is prohibitive.

81 prefer August; to 39 of these June is prohibitive.

35 have no choice

23 indefinite.

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302 total.

Several places were considered, New York City, various summer resorts within reasonable distance of New York, and Cornell University on the invitation of Miss Van Rensselaer.

On motion of Miss Rich, the Council voted that the meeting be held in the East, not in the West, and that the place be determined by a committee appointed with power to act.

The date for the meeting was referred to the Executive Committee and the President was requested to appoint a special committee for the program.

The Executive Committee reported that affiliated societies are at present accepted by the Association without sufficient discrimination, and recommended to the Council that hereafter no society having restrictions of membership at variance with those of the American Home Economics Association was to be federated with the Association.

After discussion it was moved and unanimously carried that the whole matter of affiliations be referred to a committee who should report to the next Council.

Several applications for affiliation were presented and were referred to the Executive Committee with the suggestion that no action be taken in any doubtful case until the whole question is determined.

The Council at its meeting in New York, October 25, 1915, requested the President to appoint a committee to determine the financial relations between the general Association and the Institution Section, with special reference to the printing of the Proceedings.

The Committee appointed consisted of Miss Arnold, Mrs. Norton, and Mr. Cole, who met at Simmons College on November 11, 1915 and herewith present the following recommendations:

1. That the general Association shall as soon as feasible publish each year the Proceedings of its meetings.

2. That each section shall eventually publish the Proceedings of that section.

3. That in accordance with this general policy the Institution Section shall print immediately the Proceedings of its last meeting to be issued as a Bulletin, uniform with the *Journal*.

4. That the general office shall assume charge of the printing and distribution of these Proceedings but that the editing shall be done by the Section.

5. That the cost of printing and distribution shall be divided as follows: the Association as hitherto shall appropriate fifty dollars to the work of the Section; the attendance fees of the section shall be used so far as available; the Proceedings shall be put on sale, and advertisements secured by the Section; a guarantee shall be furnished by individuals to cover any deficit in the cost; the *Journal* shall pay for the setting up of all articles included in the Proceedings which are later to be printed in the *Journal*, thus diminishing the cost of the proceedings; the Institution Section shall, however, pay the storage charge on type thus held; the extra charges for distribution, such as postage and addressing, shall be met by the Institution Section; the Association shall give the service required for distribution; all receipts for sales shall be credited to the section.

The Secretary read a letter from Mr. H. R. Smith, President of the Central Association of Science and Mathematics Teachers, presenting a formal application from the Home Economics Section of that Association that the *Journal of Home Economics* become their official organ.

The *Journal* agrees to print each year a definite number of pages furnished by the Association with the approval of the editor, and to include notices and reports of meetings. The Central Association agrees to canvass for new members, to send out circulars of the *Journal*, to act as agent for collecting subscriptions, and to coöperate with the *Journal* in every possible way.

The proposition was unanimously accepted by the Council.

The authors of the pageant "America's Gifts to the Old World" recommended to the Council the following plan for its presentation:

Home Economics Schools and Clubs who present the pageant are expected to pay the American Home Economics Association 20 per cent of the paid admission; or, if admission is free, \$10 with the purchase of 15 or more copies, or \$15 with less than 15 copies.

Schools and clubs not especially concerned with Home Economics will be expected to pay a royalty of \$25, and 10 per cent of the gate receipts.

In the case of a small school or club a special arrangement may be made upon request.

In every case any money derived from the sale and use of the pageant goes to the Richards Memorial Fund for Home Economics.

The authors of the pageant suggest that the Council determine the minimum charge to be asked in special cases. The Council voted to refer the whole matter to the Home Economics Day Committee with the suggestion that schools and clubs not especially concerned with Home Economics be put upon the same basis as the small school.

The Secretary presented from Collier's Information Bureau in Washington a request that they be given permission to list the Association in their directory of societies holding themselves willing to furnish information in their own line of work.

The matter was referred to the Secretary to investigate, with permission to act at her discretion.

In response to an invitation from A. P. Bourland, Executive Secretary of the Southern Conference, the Council requested Miss Van



Rensselaer to act as its representative at the coming meeting of the Conference, or, if unable to go to appoint a substitute.

A further request from Mr. Bourland for a combination offer with the *Journal of Home Economics* in connection with the Conference Monthly was referred to the *Journal* Board with approval of the general principle of such a combination.

On motion of Miss Rich the Secretary was requested to thank the Detroit Association for their delightful hospitality.

The meeting was adjourned.

The following vote was passed at the meeting of the Association Friday afternoon, February 25.

The American Home Economics Association assembled in Detroit reaffirms its approval of Federal Aid to Vocational Education, as provided for by the Smith-Hughes Bill recommended by the President's Commission on National Aid to Vocational Education and now before Congress.

The Association believes, however, that the ends to be served are so important and so diversified as to require a Federal Board, the members of which shall give their undivided attention to the administration of the act and shall be representative of the interest to be served.

[Signed] ALICE P. NORTON,  
*Secretary.*



# BULLETIN

OF THE

## American Home Economics Association

HOME INSTITUTION SCHOOL

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SERIES 4

JUNE, 1916

No. 2

### PROGRAM OF THE ANNUAL MEETING OF THE AMERICAN HOME ECONOMICS ASSOCIATION

NEW YORK STATE COLLEGE OF AGRICULTURE  
AT CORNELL UNIVERSITY, ITHACA, NEW YORK  
THE DEPARTMENT OF HOME ECONOMICS

JUNE 28-JULY 2, 1916

JUNE 28. SECTION PROGRAMS

EXTENSION

SCIENCE

INSTITUTION

JUNE 29-JULY 2. GENERAL PROGRAM

### GENERAL PROGRAM—ROOM 245

THURSDAY, JUNE 29

- 7.45 a.m. Meeting executive council at breakfast  
Home Economics Apartment, Home Economics Building
- 9.30-10.00 a.m. Convenient kitchens (Stereopticon)  
Helen Binkerd Young, Department of Home Economics, Cornell  
University
- 10.15-10.45 a.m. Discussion  
Practice houses for students in Home Economics  
Isabel Ely Lord, Pratt Institute, Brooklyn
- 11.00-11.45 a.m. Discussion  
The housing problem  
Lawrence Veiller, Secretary National Housing Association, New  
York City
- 12.30 p.m. Discussion  
Old-fashioned singing school led by  
Sara Buchanan Huff, New York City  
All members of conference are asked to join

- 2.00 p.m. Conference—Health  
Dr. C. E. A. Winslow, School of Medicine, Yale University  
Relation of Home Economics education to social hygiene  
Dr. William F. Snow, Chairman American Social Hygiene Association, New York City
- 3.30 p.m. Auto parties, picnics and walking trips to nearby lakes, gorges, glens and falls, will be arranged
- 8.00–9.30 p.m. Short addresses  
Training women to earn: A national movement  
Alvin E. Dodd, Secretary National Society for the Promotion of Industrial Education, New York City  
Several association visitors will be introduced
- 9.30 p.m. Informal reception on the roof garden to members of the conference

## FRIDAY, JUNE 30

- 9.30–9.45 a.m. Report: Committee on textiles
- 9.45–11.30 a.m. Institution linen  
Mrs. Mary Schenck Woolman, National Society for the Promotion of Industrial Education  
The teaching of sewing  
Celeste Schmit, Department of Home Economics, University of Wisconsin  
Standardization of women's clothing  
Ethel Ronzone, University of Missouri
- 11.30 a.m. Chemistry and cooking  
Willard D. Bancroft, Department of Chemistry, Cornell University
- 12.30 p.m. Old-fashioned singing school, led by  
Sara Buchanan Huff
- 2.00–3.30 p.m. Conference—Elementary education in Home Economics  
Martha French, Chairman, State Normal College, Ypsilanti, Mich.  
Ada Z. Fish, William Penn High School, Philadelphia  
Adelaide Laura Van Duzer, Cleveland Public Schools  
Home Economics Equipment (Stereopticon)
- 2.00 p.m. Conference of administrative workers  
Josephine Berry, Chairman, University of Minnesota
- Conference—Social work in Home Economics  
Emma A. Winslow, Teachers College, Columbia University, and  
New York Charity Organization Society, Chairman
- 3.30 p.m. Auto parties, picnics and walking trips to nearby lakes, gorges, glens and falls, will be arranged
- 8.00\* p.m. Omelet and Oatmeal, a travesty given by  
Students in Department of Home Economics, Cornell University

\* A charge of 35 and 50 cents will be made for this entertainment and the proceeds will be devoted to the Ellen H. Richards memorial fund. Program will be found on page 6.

## SATURDAY, JULY 1

## PROGRAM OF THE COMMITTEE OF FIFTY FOR JOURNALISM

Anna Merritt East, *Ladies' Home Journal*, Chairman of Committee  
Mary Hinman Abel, Presiding

*Three to ten minutes of shrapnel from those on the firing lines*

- 9.30 a.m. Training the pen to keep step with the laboratory  
Mrs. Alice P. Norton, Editor of the *Journal of Home Economics*  
The editor's blue pencil  
Anna Barrows, Teachers College, Columbia University  
Mrs. Jessamine Chapman Williams, University of Arizona



- Our writing laboratory—the papers  
 Harry R. O'Brien, Assistant Professor of Journalism, Iowa State College of Agriculture, Ames, Iowa
- Where the camera and the pen have each a share—food advertising  
 Marion Harris Neil, Editor of *Table Talk*
- Why the business world needs experts who can write  
 Mrs. Grace R. Wilmot, Interior Decorator, New York City
- How Uncle Sam writes  
 Dr. C. F. Langworthy, Office of Home Economics, United States Department of Agriculture
- Writing your own press notices  
 Mamie Bunch, Extension Department, University of Illinois
- Charting your way  
 O. H. Benson, in charge Boys and Girls Club Work, N. and W., United States Department of Agriculture
- Balanced menus for print  
 Lenna Frances Cooper, Head Dietitian Battle Creek Sanitarium
- Filling the gap: How to cover the distance between the domestic science expert and the editor  
 Edward W. Bok, Editor of *The Ladies' Home Journal*  
 Isabel Bevier, Head of Home Economics Department, University of Illinois  
 Arthur T. Vance, Editor of the *Pictorial Review*  
 Marie Sellers, Home Department Editor, *The Country Gentleman*  
 Catharine MacKay, Iowa State College of Agriculture  
 James Tower, Managing Editor, *The Designer*  
 Mrs. Janet McKenzie Hill, Editor, *The American Cookery*  
 Mildred Maddocks, Good Housekeeping Institute
- Homemaking clubs developed through a farm journal  
 Mrs. W. N. Hutt, Editor, *Home Circle Department, The Progressive Farmer*
- Planning my magazine  
 Lenora Goss, Editor, *The Farmer's Wife*, St. Paul, Minnesota
- Helping farm homemakers to study their business  
 Harriet Mason, Associate Editor, *The Ohio Farmer*
- The limitations and needs of a woman's page in the daily newspapers  
 Mrs. Eva Von Bauer Hansl, Editor Woman's Page, *New York Evening Sun*
- What the Sunday papers want  
 Mrs. Mary Avery, Editor Woman's Page, *Sunday Public Ledger*, Philadelphia
- Passing it on through the daily papers  
 Lilla Frich, Supervisor Domestic Science, Minneapolis Public Schools
- Writing for the family of low-cost standards  
 Florence Nesbit, Field Supervisor, Juvenile Court, Cook County, Chicago; and author of *Low Cost Cooking*
- Printing in response to requests  
 Elizabeth McCracken, Editor of *Home Progress*
- 12.30 p.m. Old-fashioned singing school, led by  
 Sara Buchanan Huff
- 2.00–2.30 p.m. Moving pictures—An Indian Pageant as presented by  
 Students in the New York State College of Agriculture
- 2.30 p.m. Business meeting, committee reports, and election of officers (Room 245)
- 4.00 p.m. Auto parties, picnics and walking trips to nearby lakes, gorges, glens and falls will be arranged.
- 8.00 p.m. Conference—The budget  
 Dr. Benjamin R. Andrews, Teachers College, Chairman
- Cost of living of students  
 Sarah McLeod, Pratt Institute  
 S. Maria Elliott, Simmons College
- The clothing budget  
 Ethel Ronzone, University of Missouri

Studies of families in narrow circumstances  
 Winifred Gibbs, Secretary Association for Improving Conditions  
 of the Poor, New York City  
 Budget studies  
 Mrs. Mary Hinman Abel, Baltimore, Maryland

## SUNDAY, JULY 2

9.00 a.m. Breakfast in the woods on the shores of Beebe Lake  
 3.00 p.m. Community meeting—The home and the community  
 Music led by Sara Buchanan Huff  
 A. R. Mann, Professor of Rural Sociology, Cornell University  
 7.00 p.m. Group meetings at supper in the Home Economics cafeteria  
*Special Meetings.* Institutions are invited to arrange with the Home Economics cafeteria for tables on occasions when they want to gather their staff and students. This will be announced on the final program if notification is sent at once to the Department of Home Economics, Cornell University, Ithaca, N. Y.

*Home Economics Literature.* Official representatives of the Association will be in attendance to take Association dues, to show the publications of the Association and to take subscriptions to the Journal. There will be other Home Economics literature displayed, but not sold.

All meetings, unless otherwise stated, will be in the Home Economics Building.

## PROGRAM FOR SECTIONS

WEDNESDAY, JUNE 28, ROOM 100

## EXTENSION

Chairman, Gertrude McCheyne, Utah Agricultural College  
 Laura Comstock, presiding

9.30 a.m. Standardization of extension literature. . . . Laura Comstock, Amherst, Mass  
 Reports of committees  
 Courses of instruction for extension workers. . Elizabeth Velley, Univ. of Wis.  
 Relation of extension staff to the university department  
 Mamie Bunch, Univ. of Ill.  
 How we conduct the work in Florida. . . Agnes Ellen Harris, State Univ., Fla.  
 Canada  
 How the women's work will be financed  
 D. W. Working, U. S. Dept. Agriculture  
 The county agent and the home. . . . . Nellie Kedzie Jones  
 Ten minutes discussion  
 Business meeting  
 Discussion of work accomplished by committees  
 Plans for new work  
 Election of officers

WEDNESDAY, JUNE 28, ROOM 300

## SCIENCE

Chairman, Ruth Wheeler, University of Illinois

9.30 a.m. Recent contributions of bacteriology applicable to the home  
 Mrs. Josephine Kerr Allison  
 The digestibility of starch as affected by various processes of cookery  
 Amy Louise Daniels, University of Wisconsin  
 Practicable ways of increasing the iron content of the diet  
 Caroline L. Hunt, Office of Nutrition Investigations, Department of  
 Agriculture, Washington, D. C.  
 Standardization of cooking temperatures  
 Louise Stanley, University of Missouri  
 Recent contributions to the knowledge of mineral metabolism  
 Grace McLeod, Pratt Institute

The new dietetic treatment of diabetes mellitus

Lenna F. Cooper, Battle Creek, Mich.

Creatin and Creatinin Excretion

Mrs. Emma B. Wagner

Content of a first course in dietetics

The papers will be short enough to leave time for full discussion, and it is hoped that all members of the section will come prepared to take part in the discussion of at least one paper.

WEDNESDAY, JUNE 28, ROOM 245

### INSTITUTION

Chairman, Sarah Louise Arnold, Dean of Simmons College, Boston

- 9.30 a.m. Students' food: Service at a dormitory table  
Elizabeth Goodrich, Simmons College, Boston  
Psychology of dainty food for students  
Bertha Shapleigh, Teachers College, Columbia University, New York City  
Discussion—Problems connected with students' food  
Opened by  
Isabel Ely Lord, Pratt Institute, Brooklyn  
Aided by  
Alice Loomis, University of Nebraska, Lincoln, Nebraska  
Anne D. Blitz, Dean of Women, William Smith College, Geneva, N. Y.  
Mary Urie Watson, McDonald Institute, Guelph, Canada  
Demands today for institution managers  
Mary Snow, Research Worker, New York City  
8.00 p.m. Chairman, Professor William Morse Cole, School of Business Administration, Harvard University  
Survey of sanitary conditions in institutions  
Dr. C. E. A. Winslow, Anna Lauder Professor, School of Medicine, Yale University  
Studies on labor problems  
Henrietta Roelofs, Household Employment Commission, New York City  
Organization of service in a new cafeteria  
Blanche Geary, Accounts and Finance, Y. W. C. A., New York City.

### ROUND TABLES AND CONFERENCES—INSTITUTION SECTION

*Cafeteria Management*—Wednesday 2.00 p.m.

Chairman, Anna Hunn, Cornell University

The cafeteria of Curtis Publishing Company, Philadelphia

Anna M. East, *The Ladies' Home Journal*, Philadelphia

A discussion will follow on problems related to cafeteria management, and these conferences will continue on the succeeding days

*Laundry Management*—Wednesday 3.00 p.m.

Chairman, L. R. Balderston, Teachers College, Columbia University

A study of laundry costs. . . . . L. R. Balderston  
Discussion

*Dietitians*—Wednesday

Chairman, Alice P. Atwood, Johns Hopkins, Baltimore

Report of chairman, followed by discussion

Chairmen of other committees—Housekeeping supplies, Per capita costs, and Waste, will plan to have round tables and conferences if so desired.

## THE LAMENTABLE TRAGEDY OF "OMELET AND OATMELIA"

GIVEN BY THE FRIGGA FYLGE CLUB OF THE HOME ECONOMICS  
DEPARTMENT

### SYNOPSIS

A parody on Shakespeare's "Hamlet." Although the title reads "The Lamentable Tragedy," this is a really musical comedy featuring many necessary articles of diet. While the play will disclose fully what these are, you may get a previous hint from the prologue.

### PROLOGUE

(Tune, "*Spanish Cavalier*")

A Danish tragedee,—Prepare now to see,  
With horrors that will chill to the marrow;  
With spooks and with bugs,—Policemen and thugs—  
Our play's filled with weeping and sorrow.

The hero's Omelet,—Oatmeal is his pet;  
There's Chanticleer and Jim Dumps and Sunny;  
There's Milk, who is queen,—And Fraudius, the king,  
Is false boneless chicken, which is funny.

Of Postum you have heard—Of Toastem, not a word,  
But here you will find them together.  
Illville is the scene,—And the bad king and queen,  
Will prove to be birds of a feather.

### CORNELL UNIVERSITY AND ITHACA

Because of its series of small lakes and its numerous waterfalls and gorges bounded by hills, the region in which Ithaca lies has been called the Switzerland of America. On the eastern hill of Ithaca stands Cornell University, commanding a view of Cayuga Lake, the valley, and the sloping hills.

Ithaca is directly connected with the west—Buffalo and Chicago—and with the east—New York and Philadelphia—by the main line of the Lehigh Valley Railroad. It is also connected with the main line of the Lackawanna Railroad by a short branch line to Owego,



and with the main line of the New York Central by branches of the Lehigh to Auburn and to Canastota.

Between Auburn and Ithaca the so-called Short Line, electric and steam, runs a part of the way along the east shore of the lake, commanding a fine view of its waters.

Ithaca has been considered so attractive to tourists that ten-day stop-over privileges are granted, as at Niagara Falls.

As one comes into Ithaca from the east and from the west there is an abrupt descent of four hundred feet; the view of the city, lake and campus is a surprise and joy. Over the Lackawanna from the east there is a commanding view of the country rarely surpassed.

At the entrance to the campus, at Cascadilla Place, is the first building owned by the University, in which at the opening of the University were the registrar's and faculty offices, recitation rooms, and student living-rooms. It has since been used as a faculty and student residence building and is now a men's dormitory.

#### THE TROLLEYS

On arrival at either of the lower railway stations one will find a street car marked either "Eddy Street" or "Stewart Avenue;" occasionally will be found one marked "East Ithaca," which carries passengers wishing to connect with trains on the Elmira and Cortland branch at the East Ithaca station on the Lehigh Valley Railroad. Both the Eddy Street and the Stewart Avenue cars carry passengers to the central part of the city and to the campus. Both cars pass through the city up the hill and make a loop, or belt, around the campus. The more direct route is by the Eddy Street car. The longer route is by the Stewart Avenue car, which offers the better view. The cars meet at the Corner Book Store and near the Ithaca Hotel on State Street, where passengers on either of them may change to the other by getting a transfer.

#### THE HOTELS

The Clinton House is on Cayuga Street, one block distant from State Street and the car line. The Ithaca Hotel is on State Street; the cars stop at its entrance. Both hotels are conducted on the European plan.

## POINTS OF INTEREST IN THE CITY

The city has a large and beautiful hospital commanding the view of Six Mile gorge and a large high school building on Cayuga Street. The Y. M. C. A. building is at the corner of Buffalo and Tioga Streets; the post office is at the corner of Buffalo and Tioga Streets opposite the Y. M. C. A. building; the Town and Gown Club on Stewart Avenue, overlooking the Cascadilla gorge; the Business Men's Association on Aurora Street, near State; the Western Union Telegraph Office on the corner of Aurora and State Streets, east of the Ithaca Hotel; the Postal Telegraph on Aurora Street near State; the Bell Telephone at the corner of State and South Aurora; the Federal Telephone office on Tioga Street, one block from State; Cayuga Lake and Renwick Park, at the end of Tioga Street trolley line; the Morse chain works on south hill. The city library is in the First National Bank Building at the corner of Tioga and Seneca Streets. The Cornell Infirmary, at Sage Place on an elevation on the north side of State Street below Stewart Avenue, is the gift of Henry Sage and is open only to students of the University for care in sickness.

## WHAT ONE SEES ON THE CAMPUS

At the entrance to the campus, at the head of Eddy Street, approached from the city by an Eddy Street car, is the White Gateway surmounted by the university seal and its motto expressed in the words of Ezra Cornell: "*I would found an institution where any one may find instruction in any study.*"

Passing through the gateway one follows the gorge of Cascadilla Creek and crosses the stream over a stone arch bridge, under which are the falls and the stream one hundred feet below. This spot has the name of the "*Giant's Staircase.*"

On Central Avenue, leading from the gateway, one passes fraternity houses and catches a glimpse of Cayuga Lake. At the right, and not far from the gateway, are the red brick Armory and Gymnasium, behind these is the university heating plant, more easily seen from the street car line that winds over the bridge at the west of the foot bridge, behind the armory and the heating plant.

At the north and rear of the old Armory is the Totem Pole, brought from Alaska by Professor Fernow. It represents an Alaskan Indian tradition. Professor Fernow was connected with the Harri-

man expedition to Alaska he succeeded in securing the Totem Pole for the Cornell campus.

If one walks along Central Avenue he sees Sage Cottage, the University faculty club, at his left and at his right Sage College, in front of which is a wide lawn. The street car stops at the rear of Sage College. This is the older dormitory for women students at Cornell. In its corner stone Ezra Cornell deposited a letter, the contents of which are not known, but of which he said: "*The letter of which I have kept no copy will relate to future generations the cause of the failure of this experiment, if it ever does fail, as I trust God it never will.*"

Professors' cottages are to be seen on the left of the avenue, and on the right is Barnes Hall, the home of the Christian Associations.

The first of the large buildings on the left is the library, with its great tower. At the right is Sage Chapel, in which are interred the remains of the founder and his family, in the Sage Memorial apse; and the remains of Henry W. Sage and his wife, for whom the chapel was named and whose gift it was.

Going northward along Central Avenue one sees the three original Cornell buildings on the left, Morrill, McGraw, and White Halls. In Morrill Hall are the university offices; in McGraw Hall are the departments of physiology, geology, and zoology; in White Hall are the College of Architecture and the Department of Mathematics.

The walk terminates in front of Franklin Hall, where is located the Department of Electrical Engineering. To the west of Franklin Hall stood Morse Hall, recently destroyed by fire. It was devoted to the Department of Chemistry. To the right of Franklin is a long stretch of buildings occupied by Sibley College, containing the shops, laboratories, forge, and foundry. The new building farthest to the east is the new Rand Hall, devoted to the pattern and machine shops.

Civil Engineering is located in Lincoln Hall, in front and south of Sibley.

Goldwin Smith Hall of Humanities commands an imposing central position on the campus, facing its broad expanse. In the basement is the Museum of Classical Archaeology.

Standing on the campus and facing the south, one sees directly before him Boardman Hall, the home of the Law School, and at the left Stimson Hall, the College of Medicine.

On East Avenue is the large armory building under construction, and just beyond Sage College is the Veterinary College. On this



avenue also, along which runs the car line, are the homes of professors, and the home of Andrew Dickson White, first President of Cornell University and later Ambassador to Germany. Proceeding northward one passes Rockefeller Hall of Physics on the right. At a little distance beyond Rockefeller Hall is the home of the President of the University, Jacob Gould Schurman. North of the campus and across Fall Creek gorge is the Prudence Risley Hall, a dormitory for Cornell women, the gift of Mrs. Russell Sage. Proceeding from East Avenue past Rockefeller Hall on a rise of ground above the campus one comes to the College of Agriculture, with its various departmental buildings. The Main Building is in the center; in it are the offices of administration, the United States Weather Bureau on the fourth floor, the Dairy Building in the eastern wing, and the Agronomy building in the western wing. Between the Main Building and the Andrew D. White residence is the Model School House used as the office of the Cornell Countryman. At the north of the Main Building is the Home Economics Building. Farther east from the Home Economics Building is the Soils Building, beyond which lie buildings of Rural Art, Poultry, Forestry, and the college barns.

The glasshouses are directly back of the Dairy Building and afford a practical laboratory for the Department of Horticulture. The Mechanics Building is at the north; the Animal Husbandry Building is east toward the barns. In this vicinity may be found the school gardens, the filtration plant—the gift of Andrew Carnegie—and the heating plant for the buildings of the College of Agriculture.

At the south of the agricultural buildings lies Alumni Field, with its tennis courts, running track, and ball fields. The baseball cage is situated still farther to the south with the stadium near by. Between Alumni Field and East Avenue is the State Veterinary College.

#### TROLLEY LINES

As has been explained, trolley lines connect the lower stations with the city, and the city with the campus by proceeding up the hill and making the loop. From the corner of Tioga and State Streets in the city another line goes to Renwick Park and Cayuga Lake. From Tioga and State Streets over the Renwick route, and past Renwick to South Lansing, runs the Ithaca and Auburn branch road, extending along the east side of Cayuga Lake and past the Remington Salt Works.



A desirable trolley trip is to leave the city by, preferably, the Stewart Avenue car and proceed up the hill around the lower side of the campus to Cornell Heights, which lie north of the campus on the other side of Fall Creek gorge. Over this line at the center of Cornell Heights is a short line running past the Country Club and to Cayuga Heights. Continuing over the campus and down the hill the loop is completed. Along the line are many fraternity houses.

The campus is over a mile from the central part of the city and a mile and a half from the stations. To reach the Home Economics Building, one may leave the car at President's Avenue and proceed past Rockefeller Hall to the College of Agriculture. The Home Economics Building is at the left; or leaving the car at Reservoir Avenue the walk takes one directly to the Home Economics Building in front of or back of the Auditorium.

#### ATTRACTIVE EXCURSIONS FOR VISITORS

The gorges and waterfalls of the region around Ithaca have surpassing beauty. Through them there are walks for pedestrians and at distances points of interest for those who drive or motor.

Enfield Falls, seven miles south of Ithaca, is approached by a macadam. The place has an unusual scenic effect and affords abundant opportunity for climbing. There is a walk leading to the head of a gorge and to a view of the city and University. The trip through the gorge is suitable for one not too unused to rough trips. Between Ithaca and Enfield, and in the same gorge, is Buttermilk Falls. As this is three miles from the city, it offers to the pedestrian an attractive objective point. There are the Six Mile, Lickbrook, and Coy Glen gorges, also, all of which are worthy of a visit.

Along the east shore of the lake and accessible by trolley is Rogues Harbor, where a hotel awaits travelers.

Taughannock Falls, nine miles from the city, may be approached by the Lehigh Valley Railroad or by boat or macadam. The falls are 215 feet high—higher than Niagara—and thus are said to be the highest east of the Rocky Mountains.

The George Junior Republic, of world-wide fame, is at Freeville, ten miles from Ithaca. It is accessible by drives or by the Lehigh Valley Railroad from the East Ithaca station.

Boats can be engaged at Renwick Park for trips on Cayuga Lake.

Care should be exercised in these trips because the lake is treacherous in sudden storms. At other times very comfortable trips may be taken from this point.

The drives and walks about Ithaca are unsurpassed. Under direction of those who are acquainted with the gorges short trips may be taken in the vicinity of campus and city, leading through most delightful scenery within the gorges or upon their banks. It is suggested that visitors interested in tramping trips, bring clothing, including strong shoes, suitable for exploring the numerous gorges in the vicinity of Ithaca.

#### THE SUMMER SCHOOLS

The University Summer Session and the Summer School of the New York State College of Agriculture, including the courses in Home Economics, have announced their courses as beginning July 6 and closing August 16. Further information regarding the University Summer Session may be obtained from Prof. George P. Bristol, Director of the Summer Session; and information concerning the Summer School of the New York State College of Agriculture may be obtained from the Director, Prof. George A. Works.

The President's, Treasurer's, and Registrar's offices are in Morrill Hall on Central Avenue.

The Library tower, which commands a view of the campus, city, lake, and surrounding country, will be open to visitors during the time of the meeting, at hours to be arranged.

Barnes Hall, the home of the Y. M. C. A. and Y. W. C. A., is open throughout the day. The Cornell University library will be open from 9 a.m. to 5 p.m.

Visitors who leave checks with transfer agents at the railway stations may have baggage delivered to their boarding places. The charge for delivering baggage to the campus is 50 cents. There is a jitney service in Ithaca. Should visitors wish to engage such service before arrival it may be done through the Department of Home Economics, inquiry being made at the train for the conveyance engaged by giving name. The street car service extending to the campus may easily do away with this necessity.

## LITERATURE

Names may be left at the Information Office in the Home Economics building for announcements of the University, and for bulletins of the New York State College of Agriculture which include Experiment Station and Reading Course bulletins and the Rural School Leaflet.

The office of the American Home Economics Association will be on the first floor of the Home Economics building.

## HOURS FOR MEALS

The Cafeteria of the Home Economics Department will be open for breakfast 7.30 to 9.00 a.m., lunch 12.00 to 1.45 p.m., dinner 6.00 to 7.00 p.m.

## TRANSPORTATION

Ten day stop-over privileges will be granted on through tickets to New York. Special rates may be secured by communicating with Paul S. Millspaugh, General Passenger Agent, Lehigh Valley Railroad, Seneca Hotel, Buffalo, N. Y.

## ACCOMMODATIONS

For information concerning travel, program, and accommodations, communicate with Department of Home Economics, Cornell University, Ithaca, N. Y.

Rooms will be secured for women at Cascadilla Dormitory just at the entrance of the Campus. Cascadilla Dormitory has a system of shower baths on all floors. There are no private baths. Some large corner rooms will accommodate four persons; others will accommodate two, either with single beds or with double deckers.

Men will be lodged in one of the men's residential halls.

Men with their wives will be provided for in the University Club.

When all dormitory rooms are taken, accommodations will be secured in private houses as near the Campus as possible.

Rooms in the dormitories will be \$1.00 a day for each person. Rooms are assigned in order of date of request. Room number and location will be sent upon receipt of definite request for rooms. All rooms must be vacated by noon Monday to make way for summer school students.

Meals will be served in the Home Economics Cafeteria, which will accommodate all visitors, enabling them to be together for social and business conferences.

Institutions are requested to arrange with the Department of Home Economics for tables in the Cafeteria on occasions when they may wish to gather together their staff and students.

All meetings, unless otherwise stated in the program, will be in the Home Economics Building.



## HOME ECONOMICS MEETINGS OF THE N. E. A.

At the Annual Meeting of the N. E. A. to be held in New York the week of July 3, two Home Economics section meetings are announced for July 4 and July 5, respectively. The meeting on Tuesday, July 4, to be held at the Washington Irving High School, Irving Place and 16th Street; that of Wednesday, July 5, at Teachers College.

### PROGRAM

#### TUESDAY, JULY 4

Washington Irving High School—5th Floor Lunchroom

President of Home Economics Association, Chairman

*10.00 a.m.* Continuation classes in household arts

Cleo Murtland, Secretary of Women's Work in the National Society for the Promotion of Industrial Education

Teaching practical dietetics

C. F. Langworthy, Chief of Office of Home Economics, U. S. Dept. of Agriculture

Teaching fabric values

Nellie Crooks, Director of Household Economics, Milwaukee-Downer College, Milwaukee, Wis.

Teaching dress reform through the schools

Ethel Ronzone, University of Missouri

#### WEDNESDAY JULY 5

Teachers College, Chapel

*2.00 p.m.* Sanitation in food shops and markets

Donald B. Armstrong, M.D., Association for Improving the Condition of the Poor, New York City.

Supervision of Home Economics instruction

Mrs. Henrietta W. Calvin, Expert in Home Economics, United States Bureau of Education, Washington, D. C.

With discussion by Emma Jacobs, Director of Domestic Science, Washington, D. C.; Margaret Holt, Acting Director of Cookery, New York City Schools; Mrs. Anna Hedges Talbot, Supervisor Vocational Education for Girls, New York State; Elizabeth Condit, Supervisor of Household Science, Pratt Institute, Brooklyn, N. Y.

Survey of Home Economics teaching in the Cleveland schools.

Alice Boughton, Supervisor of School Luncheons for the League of Home and School Associations, Philadelphia, Pa.

With discussion by Florence Winchell, Ethical Culture School, New York City; Arthur D. Dean, Chief, Division of Vocational Schools, New York State.

The N. E. A. will also have two programs of special interest to teachers of Home Economics, one on Monday, July 3 at 9.30 a.m. and one on Wednesday, July 5, at 9.30 a.m., both at Concert Hall, Madison Square Garden.



ERIES 4

JULY, 1916

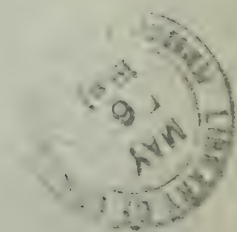
NUMBER 3

# BULLETIN

## AMERICAN HOME ECONOMICS ASSOCIATION

PAPERS FROM THE  
INSTITUTION ECONOMICS SECTION

ANNUAL MEETING, 1915  
LAKE PLACID CLUB



PUBLISHED FIVE TIMES A YEAR  
BY THE  
AMERICAN HOME ECONOMICS ASSOCIATION





# BULLETIN

OF THE

## American Home Economics Association

HOME INSTITUTION SCHOOL

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SERIES 4

JULY, 1916

No. 3

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### REPORTS OF STANDING COMMITTEES, SHOWING PROGRESS OF THE YEAR

#### REPORT OF COMMITTEE ON DORMITORY MANAGEMENT

ELIZABETH M. GOODRICH

*House Superintendent, Simmons College*

Using as a basis the work done and reported on at the Lake Placid Conference a year ago, the committee on dormitory management endeavored to secure more definite data on some of the problems presented at that time and it is hoped that helpful discussion and suggestion will follow the reading of this report.

The committee this year sent out questions on three topics to different types of dormitories, including colleges, private schools, Young Women's Christian Associations, and private clubs. The subjects were: (a) Time studies in bed making; (b) Methods of washing glass and silver; (c) Benefits to be derived by having the marketing under the control of the person directly responsible for the menus.

The problem which every manager of any business has to face is how best to save time, labor, and money; and this can be done only by discovering more efficient methods of doing work. In time studies comparing the average worker with the expert worker, the movement of the

hands and feet count in saving or losing time. By comparing the results of time studies in bed-making the Committee hoped to discover the average time in which a bed may be made well with square corners and smooth appearance with the fewest movements. Our report shows that a bed having one pair of blankets may be made in from four to six minutes when the clothing was turned over the foot of the bed without entirely removing from the bed. When wholly taken off and the mattress turned the time averaged from five to seven minutes. This knowledge assists the housekeeper in arranging the schedules for her workers. She knows that she is not demanding too much or receiving too little service.

The result of the investigation in regard to the washing of glass and silver was more varied. In one private school of one hundred students and in the Young Women's Christian Association of one hundred and fifty people the silver was washed by hand. In other institutions dishwashers had proved satisfactory.

The height of the sink is another matter of considerable importance connected with dish washing. Thirty-four inches to top of sink is given by firms equipping kitchens, but it has been found that 36 inches to 38 inches is the more convenient height.

The committee considered as of vital importance the question whether marketing should be done by the person directly responsible for the menus. During the past year many instances have been reported where expenditure and waste have been increased by lack of coöperation between buyer and manager, when the buyer was a person with no knowledge of the intimate workings of the department.

From answers received from this inquiry it would seem that where the place was large enough to have a central store house with a general purchasing agent, each department buying as from a wholesale store the system proved satisfactory; but the matter which the committee would bring before the conference is how to control per capita cost under such circumstances as the following instances: I quote from correspondence:

In the fall, the Superintendent bought a supply of canned corn, canned peas, tomatoes, apples, green gage plums, peaches and pears. I did not ask for any of them. With only two weeks left of the school year, I still have on hand 71 cans of peaches, 83 cases of corn, 8 cases of plums, 43 cans of apples. The rest I have succeeded in using, but it has meant that the students have.

become very tired of them. With such a supply in my store-room, I did not feel like ordering other things. A smaller supply and a greater variety would have varied the menus at the same cost.

Last fall, ten barrels of lettuce were received. One barrel is sufficient for a meal. The teachers like it but the students do not. Though I have good storage facilities for keeping food, such food as lettuce and spinach must be used as soon as possible. At another time five barrels of beets were received. No one cares for them and one-half barrel is sufficient for a meal. After having managed to use eight barrels of spinach a few weeks ago (I need only two for one meal), six more barrels arrived.

It has been so with other supplies. The food bought is always of the best quality and it is seldom that anything I order is refused. The point is that I get more than I order and do not feel that I can order what I should like until I have used what I receive.

After seven months experience with a general buyer and three months of personal marketing, I find that direct communication with markets and merchants gives more satisfactory results as to grades, exact quantities, etc.; that there is a great advantage in having bills come directly to the house, where they can be "checked up" when goods arrive; that a "middleman" makes adjustments a little more difficult. Prices of meats have advanced so materially in three months that it is rather difficult to estimate the difference in per capita cost.

Part of the buying has been done by the manager and part by myself, with the result that when she bought I either had more than I could use (and not enough for another meal) or else I had to order more at the last moment. This results in waste of money paid.

In consideration of these facts how can the greatest confidence and support be secured for those who go out to undertake the management of dormitories and the serving of food?

## REPORT OF COMMITTEE ON LAUNDRY

L. RAY BALDERSTON

*Teachers College, Columbia University*

I am making a brief report of the laundry problem, as studied from the economic, sanitary, and educational aspects.

The economical study was carried on by a questionnaire through the *Journal* and through the sending out of 100 letters. Laundry price lists were asked for, together with woman's wage in the home and the laundress's prices out of the home. The response was most generous.

A common type of garment was chosen for the comparative study of prices with the hope of reaching some standard: collars for men and women; shirts for men vs. tailored shirtwaists for women; night shirts for men vs. night dresses for women. Various fine lingerie seemed impractical for the study.

A second question was asked which brought forth comparative cost for flat work.

The whole results showed that the commercial laundry men have, to a great extent, reached a standard, the slight variation being due to local conditions.

There seems to be no standardization of washerwoman's prices.

From the study of the sanitation aspect, two phases may be presented.

The report pertains to the conditions in the laundry as a workshop, and the workers. The study was to find out the relationship of conditions in the workshop and their effect on the workers. Both the work and the worker have long been shunned and the visiting of many commercial and hotel laundries of various types proved that, as a factory and as a process, the laundry may have as high a standard as any other factory, the condition of the plant depending on the standard of the manager as in any other factory.

There seems to be no foundation for the idea that the laundry is a disease-producing place, or that the worker is especially liable to tuberculosis or contagion. In only one case could contagion be traced, and that was proved to be through carelessness in sorting. Typhoid was directly carried from the patient's clothes to the head laundry man in the hospital. The sorting in this hospital was not done carefully as in contrast to one hospital where the superintendent reported twenty years supervision, and not a single case of contagion in that time. In this hospital the one who sorts the clothes knows that dismissal follows a second reprimand for being found sorting clothes without gloves.



The diseases especially prevalent in the laundry can be traced directly to heat, humidity, and carbon monoxide gas. Any one and all of these conditions may be overcome by careful consideration of ventilation and drainage in the laundry.

A second phase has been presented by Dr. D. B. Armstrong who is Director of Social Welfare Department of the Association for Improving the Condition of the Poor. Dr. Armstrong's paper follows in full, but I wish to dwell on the points of Dr. Armstrong's investigation as to the needs and ways and means of establishing a municipal laundry.

The Bureau of Public Health and Hygiene made an investigation by a house to house canvass of both the east and west sides of the city. A section was chosen which represented six blocks east and west, and eight north and south. The population was 205,000; 92 per cent were without bath; 40 per cent without wash tubs; 87 per cent without hot water.

Folders telling of the advantages of a public wash house were sent about, hoping to arouse and interest these people. Of these 205,000 people, 28 per cent men and 69 per cent women would use a public wash house; 68 per cent men and 10 per cent women would not use a public wash house. The rest were in doubt.

In November the first public wash house and the only one mechanically equipped in America was opened. It is now running to its full capacity—500 families a week at a charge of 25 cents for 30 pounds, or 35 cents when the wash is collected and delivered. It is hoped soon that it will be on a self-supporting basis. The capital investment is about \$3000, and the operating expenses simply mean one extra worker besides those needed for the public bath. The clothes sent to this Milbank Laundry are proof of the great opportunity of spread of contagion on one hand because the majority are filthy.

The sterilization possible in a laundry was well tested here by inoculating a bundle of filthy clothes with two of the worst forms of bacteria, allowing time for their growth. After washing, a culture from these clothes could not be made because they were so sterile.

From the educational aspect little can be added since last year. No new report of Institutional Laundry work being taught can be given. The home classes are doing little because of lack of equipment, because of lack of keen interest on the part of the teacher, and most often, because those who plan courses for Home Economics programs of the different schools have so little appreciation of the science of the laundry, its arts, its vocational and its trade possibilities.

## THE MUNICIPAL LAUNDRY PROBLEM

DONALD B. ARMSTRONG, M.D.

*Director, Department of Social Welfare, New York Association for Improving the Condition of the Poor*

"Public health is purchasable;" so, indeed, is public cleanliness. As a matter of fact, it is obvious that, when we begin to spend money for public health, we can have no certainty of obtaining it unless we have entered the market for cleanliness. In general, cleanliness is a prerequisite for health. If the state or the community recognizes a responsibility in the form of maintaining health, it is quite logical, then, for it to recognize the obligation which lies upon it to make provision for public decency.

Many communities provide the means for the cleansing of human bodies. It is just as essential to health and decency that public facilities, where private ones are lacking, should be provided for the cleansing of the garments, the condition of which must, otherwise, lower the tone of decency of the people in the community. I emphasize decency, for it is essential that health workers should realize more and more that it is impossible to justify most of our expenditures if we consider these expenditures to be inductive to health alone. It is very difficult definitely to ascribe ill-health to dirty streets, unsightly backyards, and such undesirable elements in our physical environment for the elimination of which we spend thousands yearly, not in reality to maintain public health, but, as a matter of fact, to establish public decency.

Among the great mass of the poorly housed tenement population of the large American cities, the facilities for washing and drying clothes are decidedly meagre, although cleanliness as regards our wearing apparel is always essential to decency and is frequently a factor in health. Recently the Bureau of Public Health and Hygiene of the Department of Social Welfare of the Association for Improving the Condition of the Poor concluded an investigation in New York City aimed at discovering the necessity for public laundries or wash houses there and the cost of their equipment and operation. The Bureau made a statistical analysis from the files of the Tenement House Department, supplemented by a house to house canvass, of the laundry facilities in the homes of the badly housed. The Bureau studied conditions on the east and west sides of the city and investigated, from this point of view, the housing

conditions of about 205,000 people. Bathing facilities were also investigated and it was found, striking an average for four different sections of the city, that the percentage of families without equipment was as follows: without bath, 92 per cent; without wash tubs in the home, 40 per cent; without hot water, 87 per cent.

A questionnaire was presented to 10,000 bathers at one of the municipal baths, by which an attempt was made, through the aid of illustrations of wash houses in other cities, to obtain an intelligent expression of opinion as to the attitude of this group of typical East Siders towards the establishment of a place where they could come and wash their clothes.

As an illustration of the kind of publicity work done in this connection, cards were handed out to each of the bathers depicting the advantages of a public wash house as follows:

1. Nice, light, cool, ventilated room.
2. Clean wash tubs.
3. Plenty of hot water, soap, soda, starch, bluing, etc.
4. Electric irons, ironing boards, baskets, scrubbing boards, wringers, tables, pails, pans, etc.
5. Rapid steam dryer.
6. Cloak room for lunches, packages, etc.
7. Day Nursery—place to leave the children.
8. Nice clean toilets.
9. Cheap—3 cents an hour.

The women of all classes, economic and civic, were enthusiastically in favor of the proposition, while surprising as it may seem, a large percentage of the men promised to make use of the common tubs if provided. The statistical results of this investigation were as follows:

	<i>Men</i>	<i>Women</i>
Percentage that would use a public wash house.....	28.7	69.1
Percentage that would not use a public wash house.....	66.9	10.3
Percentage in doubt.....	4.3	20.0

The necessities here indicated have been met in a few American cities by the establishment of public laundries, or public wash houses, fashioned largely after the plan of those long in use in foreign cities.

What is a public wash house? It is a place where those people who have very inadequate home facilities may go and wash their clothes under decent and sanitary conditions for a very small cost and with a minimum of time expenditure. The building, usually a part of a public



bath, is plentifully supplied with steam and hot water, and is equipped with tubs (two or three for each washer), wringers, electric irons, ironing boards, scrubbing boards, and all minor utensils. Those using the establishment are also permitted to dry their clothes in large steam dryers, while at the same time a store is maintained where bluing, starch, and soap are sold at cost. Although it is very infrequently found in this country, there should always be in connection with such an establishment a day nursery where the women can leave their children in safe hands while they do their laundry work.

Such is a public wash house. There are about eighteen such institutions in America, five of which, and the most successful ones, are in Baltimore, Maryland. As long ago as 1904 according to Bulletin No. 54 of the Bureau of Labor, there were in the United States eleven public wash houses. These were situated as follows: Allegheny, Pa., 1; Baltimore, Md., 2; Buffalo, N. Y., 2; Chicago, Ill., 1; Cleveland, Ohio, 1; Philadelphia, Pa., 2; Troy, N. Y., 1; Elmira, N. Y., 1.

The first wash house to be established in this country was in Philadelphia under the auspices of the Public Baths Association of Philadelphia. This was opened on May 21, 1898. Buffalo wash houses were hardly worthy of the name, for they were inadequately equipped and were intended to be used by bathers in the adjoining bath house only for the purpose of washing underclothing. While Philadelphia must be considered the pioneer city in this regard, it is recognized that another city, Baltimore, has made the greatest advances in recent years in the development of public wash houses. As mentioned above, there are, at present, in Baltimore, five such institutions.

Undoubtedly a large part of the success of public wash houses in Baltimore is the result of the fact that the Baltimore authorities have recognized the necessity of taking it to the people in the form of educational work, publicity, and advertising, in the community adjacent to the establishment. Advertising is essential to the success of municipal wash houses or municipal laundries. The subject of laundry publicity would suggest the story told of the opening of a new private bath in Cincinnati. It was their system of initial advertising to send out complimentary tickets not only entitling but encouraging the receiver to take a bath at this institution. Among the recipients of these tickets was Vice-President Marshall. In his case, however, whether with or without malice is not known, he received at frequent intervals a series of these complimentary tickets. It is said that the Vice-President



finally found it necessary to head off the bombardment and took as his means the writing of a letter to the bath proprietors stating in his letter that he considered the first ticket a courtesy, that he was compelled to look upon the second as a suggestion, and that if he received more tickets he would feel obliged to consider it an insult.

Public laundries and wash houses have been in existence for nearly twenty years abroad, and in London in 1911 there were thirty-five such institutions, patronized by nearly a million washers. In the London wash houses there were in 1911, 1729 wash house units. The charge for the use of these is one penny per hour and it is found that the average time per washer in London is two and a half hours. Abroad, they more nearly deserve the name of public laundry than that of public wash house, when the equipment includes electrically driven washing machines and hydro-extractors. Such, indeed, is a real public laundry. It has many advantages both economic, social and sanitary over the older type of public wash house. While the original cost of equipment of the laundry type is greater, the cost of operation is not especially excessive. Further than this the number of families that can be accommodated weekly or daily in a mechanically operated plant is much greater than the utmost capacity of the non-labor saving wash house equipment. In addition, the public laundry with its mechanical equipment is more sanitary, as the clothes are handled by only a few people and are sterilized before being returned.

There would seem to be no reason why such an activity could not be justified from a municipal point of view, and as a demonstration of what the possibilities were in that field the Bureau of Public Health and Hygiene of the Association for Improving the Condition of the Poor has recently established in the Milbank Memorial Bath on East 38th Street, the first mechanically equipped wet wash laundry in America, to be operated under quasi-public auspices. This laundry is showing a constantly increasing patronage and is, at the present time, operated to its full capacity, serving an average of nearly 500 families a week at a charge of 25 cents for 30 pounds of clothes, or 35 cents when collected and delivered. This agency for cleanliness and decency exists as a demonstration of sanitary methods of laundry operations and as a research laboratory for improvements in commercial laundry practices. It is planned as speedily as possible to place the institution on a self supporting basis so that it may be, perhaps, the initial demonstration of

the possibilities for the municipalization of clean clothes—public necessities in New York City.

Under what circumstances is the public wash house experiment justifiable? Obviously, where laundry facilities are poor in the home. Among tenements, where wash tubs are rare, where dark, damp courts provide the only means for drying, and hot water is frequently an impossibility, the demand is urgent. From this point of view, it is strange that the largest city in America, and indeed the typical tenement city, should be without any public or private provision of this kind in its most congested borough. Philadelphia, Baltimore, Buffalo, Elmira, Brooklyn, and other cities have found an urgent demand for, and an immediate success following the establishment of public wash houses. There can be no doubt of the necessity for these agencies of decency in many other large American cities, particularly on Manhattan Island.

In the belief that public wash houses in New York City would meet a justifiable demand and because it would seem desirable to have both the wash house and the laundry experimented with in New York City, the Association for Improving the Condition of the Poor have urged upon the municipal government the establishment of an experiment in the basement of one of the new public bath buildings on the West Side. Estimates regarding the cost of equipment and operation have been presented to the Borough President's office together with alternative estimates for a mechanical laundry equipment. This matter is now pending before the Board of Estimates and is being urged upon them for the following reasons:

1. Careful investigation has shown that the majority of people in that neighborhood are without home laundry facilities. It is believed in any event that the laundry process is a thing that can best be carried on outside the home, in spite of the fact that Mr. Dowling, the alderman from this West Side district, opposes the wash house because he feels that one of the most attractive sights in this neighborhood is the backyard clothes line. Mr. Dowling has not yet expressed himself as regards the fire escape and dark courtyard clothes line.

2. The success of the wash house has been demonstrated in many other American and foreign cities.

3. The capital investment is insignificant—not more than \$3000—while the operating expenses are simply those of an additional attendant in the bath.

4. The wash house will be of use to: (a) The mothers in the neighborhood with poor home facilities; (b) The young girls living alone; (c) The men who are working in this country attempting to save enough to bring their families over; and (d) The destitute and homeless.

5. The wash house is of both direct and indirect importance in the health of any neighborhood, is justified on the grounds of comfort, and is an educational factor in personal cleanliness and decency.

Even though it is believed that the public laundry will meet a greater demand and serve a more fundamental public service than does the wash house at present, nevertheless, there is no doubt that where wash houses have been established and intelligently operated they have been factors of social and sanitary importance. The wet wash laundry in the Milbank Bath, under the auspices of the Association for Improving the Condition of the Poor, is an experiment being conducted along essentially the same lines as would have to be the case were it under immediate municipal control. Further, the Association has guaranteed to conduct an educational campaign in the neighborhood of the proposed West Side wash house similar to the campaign carried on in connection with the East Side laundry. This is an opportunity to have both tried out under comparable conditions. Incidentally in this connection it may be mentioned that the Hudson Guild, a settlement house on the West Side near where it is proposed to establish the wash house, has agreed to operate a day nursery in connection with the wash house so that children may be cared for under safe auspices while the mothers are at work. It may be added here that the two wash houses in Philadelphia with fourteen laundry units charging five cents an hour had a patronage, in 1911, of 4900 people. The five wash houses in Baltimore, with 35 laundry units charging three cents an hour, boasted a patronage, in 1912, of 22,000 people, about one-fifth of whom were men.

Perhaps the chief theoretical advantage of the laundry over the wash house is the fact that it comes more nearly meeting what may be expected to be the ultimate solution of the laundry problem in an intelligently organized community. While it is true that each house should eventually have a private bath equipment, the same thing cannot be said for laundry equipment, for obviously it would be more social, more economical and more hygienic to have the work done outside the home under centralized, efficient control. A municipal mechanical laundry plan tried out in this country would be a step toward the ultimate solu-



tion of the problem. Such a plant would be an essential part of the general program which would lay a better physical foundation for the social state towards which we are looking.

Whether or not the public wash house, or, indeed, the public laundry is the ultimate solution of the laundry problem, it must be admitted by all that here we have a condition—and a condition which must be met. It may not be possible under present conditions to apply a cure; it may be necessary to palliate the unfortunate circumstances. Obviously, though not in its entire influence, the public wash house is a temporary expedient, a palliative measure, yet there are many thousands who must wash their clothes and cannot wait for housing or municipal reform.

Private and public health and decency demand that some provision be made, even though it is not a final method. It is true that, when we palliate an evil condition, quite frequently we make it a little more tolerable, and consequently perpetuate its existence. This is not the vital side, however, when the apparent palliative measure has another important phase of influence. The ultimate effective demand for good housing, including proper bathing and washing facilities, is going to come from the people who are now poorly housed. Any measure which conserves and strengthens the health and general welfare of these people is bound to be a positive force for good; it is bound to be a constructive influence. Far more important than this, however, is the educational value of the measure. The public wash house, like the public bath, finds its chief justification in the fact that it gives to the people an opportunity to learn how to be clean and makes it possible for them to appreciate the value to health and decency of being physically clean. Physical cleanliness enhances our moral and spiritual tone. The people will recognize more acutely their housing and municipal defects and will demand even more energetically than at present that equipment for clean bodies and clean clothes, whether within or outside the home, which they will have learned to use and value and the importance of which, for the preservation of health and the maintenance of decency, they will have been educated to appreciate.



## SUMMARY REVIEW OF THE WORK OF THE SCHOOL LUNCH COMMITTEE OF NEW YORK, AND THE NEXT STEPS IN THE DEVELOPMENT OF SCHOOL LUNCHEONS

EDWARD F. BROWN

*Executive Secretary, New York School Lunch Committee*

*I. The present status of school lunches.* The Committee operates 20 school lunch units. An appropriation from the city, together with some other funds at our disposal, will equip 20 additional schools.

There pends before the Board of Estimate and Apportionment a resolution to appropriate \$26,500 (special revenue bonds) to equip 60 schools for lunch services.

The activity having developed to such great proportions, it seems desirable to briefly review our work and formulate, so far as it seems necessary, the policy to guide the executive officers in taking the next steps in this work.

*II. The cost of school feeding.* The Committee had undertaken this work admittedly as an experiment. There was need, apparently, for feeding children who could not procure nourishing food at home, this lack undermining their physical vigor and impairing their school progress.

The Committee believed it possible to minister to the needs of these children without destroying their independence or in any manner involving the school in a relief scheme. In order to put this service within the reach of the needy, food is sold at one penny a portion. The penny the child pays covers the entire cost of the food and its preparation. A deficit, amounting in 1913-1914 to 37/100 of a cent on each portion, or \$4624 in the service of 1,249,489 helpings, covered supervision, food, labor, depreciation, renewals, and all other costs.

*III. Selfsupporting units.* This term the Committee made an experiment in two schools where, through a readjustment of price, a self-sustaining unit was operated. In these schools the parents of the children have contributed money to purchase equipment. These schools involve the Committee in no expense and are thus far, except for the salary of the Executive Secretary, entirely self-supporting.

*IV. Our aim—a selfsupporting system.* It is believed that through a slight readjustment of price, the further centralization of labor, and enlarged purchasing power, the possible 100 schools to be served, if the money is provided, could be made to pay for themselves entirely.

Even if it were advisable from our standpoint to have the Board of Education assume this work, it is improbable that it would do so unless it could be shown to be selfsustaining, except for the cost of rent, water, and power.

*V. Increasing the price of lunches.* There is no fund at our disposal to pay any deficit which would accrue in the service of lunches in 100 schools, the number we shall have if the Board of Estimate and Apportionment concurs in the bond issue proposition. It therefore becomes necessary to lay down a rule that no service shall be inaugurated unless the same can be selfsupporting from its sales.

This would probably mean an increase of one cent a portion for all prepared foods such as soup, vegetables, sandwiches, puddings, etc.

*VI. Shall the Board of Education assume this task?* The school lunch work from its inception has been experimental. Since there have been tangible manifestations of the value of school lunches, and its success is certain, we have looked forward to the time when the Board of Education might do this work as a part of its educational process. We do not believe that the time is ripe for such a transfer, nor do we believe that such a transmission should take place until it can be shown that the system is selfsustaining.

There are those, however, who believe that at no time shall this task be assumed by the city, basing their conclusions on the following grounds:

1. The feeding of children is no part of the province of the educational authorities.
2. The responsibility of parents is lessened where it is not wholly destroyed.
3. School feeding breaks up the socializing influence of the home table.

The protagonists of the movement contend that:

1. As education is provided as a means of protecting society against illiteracy and its dangers, it is not accomplishing that object in all cases thoroughly, owing to the physical condition of many of its charges.
2. In spite of the liberal provision made for educational purposes, the end sought is frequently defeated because a badly nourished child fails to respond to the educative process, retards the progress of his class, and is himself impervious to education.
3. The cost of re-educating the children who, by reason of physical disability, are backward, is a public expenditure which might be mini-

mized by rendering the children, through proper and sufficient feeding, capable of being taught.

4. A sound policy of public health makes imperative the establishment of such agencies as would prevent in a large measure diseases and disability.

5. It is the function of private enterprise to initiate, experiment with, and interpret social movements, and, after their value and economy have been successfully demonstrated, they should be assumed by society.

*VII. School feeding and domestic science education.* Some of those who have followed the development of this work believe it possible to coördinate these two branches in order that the practical preparation of food be used as an instrument of home education. It certainly seems desirable to do this wherever it is economically possible. To ascertain how far this may be done, the committee is proceeding with an investigation of this subject.

#### SUMMARY

1. That the Committee continue this work, in coöperation with the Board of Education, until such time as the Board of Education believes it in the public interest to assume the work.

2. That any schools in which the Committee shall in future operate shall be those wherein there is a reasonable probability that the service will be self-supporting either from its own sales or in connection with a larger school lunch scheme.

3. That the Committee, in coöperation with the Board of Education follow any approved scheme of coördinating the school lunch service with the domestic science instruction where the same does not involve the Committee in any expense other than the necessary cost of operating which is to be covered by the receipts from sales.

4. That the Board of Education undertake to furnish all the necessary equipment as heretofore and keep the same in repair.

5. That as speedily as possible the Board of Education should cause a consolidation of the high and elementary school lunch work.

6. That the School Lunch Committee submit to the Board of Education a semi-annual statement of its work, setting forth the manner in which its funds have been expended. That in addition the School Lunch Committee shall furnish such other special reports as the Board of Education may from time to time require.

7. That the Board of Education shall cause two inspections each year to be made by a designated Committee of the Board to report to it regarding the conduct of this work, together with such suggestions as it may deem proper to make.

## REPORT OF COMMITTEE ON SCHOOL LUNCHEONS

EMMA SMEDLEY

*Director School Luncheon Department, Philadelphia Public Schools*

The school lunch work in Philadelphia is growing very rapidly. In 1894 Mrs. Richards helped to organize the first school lunch service under the care of the Starr Center Association of Philadelphia. In 1907 the School Lunch Committee of the Home and School League assumed responsibility for lunch service in three elementary schools, this service having now extended to include at the present time nine schools under its care. Six years ago the Board of Public Education started, as an experiment, the serving of a mid-day luncheon in one high school, having an enrollment of about 1500 pupils, and 75 teachers. Today there are 17 high school lunch rooms under the care of a superintendent, and 25 assistants, whom we call school dietitians, with 100 workers on the payroll, and 150 pupils who are helping to serve at the counter each day. In these high schools there is an average attendance of 15,000 pupils. Next year we shall open three more large high schools which will accommodate from 2500 to 3000 pupils each. In April, 1915, the Philadelphia Board of Public Education decided to assume the responsibility of serving school lunches in 25 elementary schools of one district of the city, the Home and School League relinquishing its care of the lunches. This elementary school lunch service is now added to the Department of High School Luncheons and in September, 1915, one of the high school kitchens will be utilized as a central kitchen, serving the 25 elementary schools, which have an average attendance of about 25,000 children. The children in these schools spend about one-half a cent per person per day which is very different from the amount spent in the



high schools, where about four cents a day is an average expenditure. The Board of Education is looking to me for satisfactory financial results, but as the Committee of the Home and School League has never made the work entirely selfsupporting, I cannot help feeling this a great responsibility. We shall, however, make it selfsupporting if possible.

A few figures will give an idea of the volume of business done in the high schools. Last year the total receipts from the sale of luncheons in the 15 schools amounted to \$97,936; of that amount \$67,000 was spent for food, and \$2000 for replacing equipment and for sundries; about \$28,000 for salaries, and wages, including the salary of the superintendent, with a net profit of about \$1900. We aim to have no profit, but on a business basis it is necessary to have a working balance, and we realize that \$1900 is a very small amount for such a business. This year the total receipts for the 17 high schools have been \$117,359 and expenses \$115,873, leaving a balance of \$1486. The food supplies cost \$77,000; replacing equipment \$1795, and sundry \$1000; salaries and wages \$31,976; superintendence \$5615. We have included in the wage column, this year, the money that has been paid to the pupils who assist in the serving, about 150 pupils daily being paid ten cents each, and this has caused an apparent increase in the service expense.

The 25 assistants who are helping with the work are nearly all trained for the position of dietitian. We have a monthly meeting to discuss all the problems that come up. At that meeting we not only discuss our menus, but the foods that are in season, with prices, recipes, size of portions, etc. Those who are in charge of the large schools have a great many points in common, and those in charge of the smaller schools have similar interests, and together we have discussions which prove very helpful. There is also a congenial family spirit felt among these 25 workers. The educational advantages of this school luncheon movement are very great, and there are wonderful possibilities for its development.

## REPORT OF THE COMMITTEE ON FOOD SANITATION

C. F. LANGWORTHY

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## RECENT PROGRESS IN FOOD SANITATION

Efforts toward securing clean and wholesome food have been made along three general lines (1) ordinances and regulations established by federal, state, or municipal authorities, (2) the work done by food manufacturers, other private concerns, and individuals toward improving conditions under which food is manufactured, sold, and served, and (3) the educational and constructive work for clean food which has been accomplished by state and municipal agencies, associations, and philanthropic organizations. The progress which has been noted in all these lines may well be considered in this order.

As the progress made in sanitary science has revealed new possibilities for the transmission of disease by food, the supervision of governments over the food supply, which for some time has consisted chiefly in regulating and watching the quality of water, milk, and meat supplies and only to a limited extent the quality of other foods, is now being extended to control the conditions under which foods shall be prepared, handled, sold, and served.

In the cities and large towns, the rapid increase in population, a large portion of which is ignorant of the principles of food sanitation, the extensive use of cold storage as a means of conserving the food supply, and the great distance from which most of the food supply comes are some factors which have made it necessary for municipalities to superintend the manufacture and distribution of foodstuffs as one means of protecting the public health.

Owing to the nature of the functions of city and town government it is natural that the bulk of the legislation for clean food should in this country be found in municipal ordinances, and during the past two years much progress has been noted in this class of legislation.

Many cities and towns have established sanitary standards for the foods which can be sold—the most common among these governing the sale of milk, cream, and meats. Others have improved and extended the scope of existing sanitary standards.

That attention has been given to the possibility of the transmission of disease through the eating of contaminated raw fruits and vegetables

is shown by the regulations adopted by Los Angeles and a few other California towns which state that "sewage-irrigated" berries and vegetables must not be offered for sale, nor in any way used for food. These ordinances also require that no fruit or vegetable affected with injurious scale or insects (their eggs, larvæ, or pupæ) shall be offered for sale.

Considerable attention has also been given to the control of the sale of foods which have been kept in cold storage. Many cities and towns now require that no food shall be received for cold storage unless at that time it be in a clean, pure, and wholesome condition, and, furthermore, that the time of storage must be clearly marked on the goods.

That an attempt is being made to secure clean ice is evident from the fact that some municipalities now require a permit for cutting ice on any creek, canal, or lake. In some instances city ordinances provide that ice which is cut for city consumption shall be handled at all stages in a cleanly way. In others there have been established bacteriological and chemical standards for ice (except that used for packing and cooling purposes only and not for domestic use) which conform closely to the standards required for drinking water.

#### CONSTRUCTION AND LOCATION OF BUILDINGS WHERE FOOD IS MANUFACTURED OR SOLD

By way of improving the sanitary condition of foods at their source many municipal regulations have been adopted which lay down standards for the construction and maintenance of buildings used for the manufacture and preparation of foods. The following points are covered by most of such regulations:

Bakeries, ice cream factories, restaurants and hotel kitchens, and all other places where food is prepared for sale must be adequately lighted and ventilated and kept free from dampness. The floors and walls of such places must be so constructed as to permit of easy and frequent cleaning. The floors shall be of cement or other impervious material to keep out rats or vermin and in the case of slaughterhouses and ice cream factories must be provided with drains and so constructed that all waste and slop may be easily and thoroughly removed. If desired, cement floors may be covered with hardwood floors having tight joints. The walls to a height of 5 or 6 feet from the floor shall be encased in some impervious material and the joints between the floor and walls



must be tight. To allow easy and thorough cleaning, all tables and benches where food is prepared for sale must be movable. They should have no unnecessary woodwork or fixtures and all surfaces should be as hard and smooth as possible. In some instances the regulations forbid the keeping of domestic animals (cats excepted) in rooms where food is prepared, stored, or sold.

Foodstuffs shall not be stored or kept in any living or sleeping rooms of any house. The ripening of vegetables in such rooms is prohibited in some instances.

All refuse shall be quickly removed from establishments where food is manufactured, prepared, sold, or served, or else stored in tightly closed containers to prevent nuisance and the breeding of flies.

Refrigerators, milk tanks, cold-storage rooms, etc., shall be kept free from decayed meat, tainted or spoiled goods, and all obnoxious odors. They shall be provided with a suitable drain to permit of rapid cleansing.

#### PROTECTION FROM FLIES, VERMIN, AND SURFACE DIRT

The important rôle played by flies, insects, and other vermin in the transmission of disease has led to the establishment of rules for the protections of foods, and especially those eaten raw, from this source of contamination.

In many places it is required that meat markets, bakeries, hotels, restaurants, candy factories, ice cream factories, or other places where food is manufactured, sold, or served shall be screened at all openings so as to keep out flies and other insects. Self-closing screen doors are required in some cases. Also, cooked food having no protective coverings, for example confectionery, bread, pastry, meats, fish, dairy products, must not be exposed in stores, restaurants, etc., unless they are protected from flies by glass cases, wire screens, fans, or other satisfactory device. Fruits, berries, confectioneries, etc., exposed in the open air outside of any store or building must be kept in fly- and dust-tight compartments and must also be displayed on a shelf or platform from 18 to 24 inches above the level of the ground to prevent pollution by animals.

No dry sweepings will be allowed in stores where food is kept or sold. Bread and pastry shall not be left in open doorways unprotected from dust, flies, and animals. When delivered before the hours of opening they should be left in tightly covered receptacles.



All wagons, push-carts, etc., used for transporting or delivering baked goods shall be provided with fly-proof and dust-proof compartments containing shelves for baked products. The shelves must be covered with clean paper or pans, both of which shall be changed or cleaned at frequent intervals. Wagons for the purpose of delivering meat and fish shall be provided with suitable clean canvas tops. Packages prepared at the market for delivery should be wrapped in clean wrapping paper. Meats, poultry, game, or fish shall not be exposed in the street outside of shop, store, or market, except when covered or enclosed in a glass case. From May to October, inclusively, they must not be exposed inside such shops, stores or markets unless enclosed in dust- and fly-tight cases.

#### FOOD CONTAINERS

To prevent the contamination of food through dirty containers many regulations have been adopted of which the following are fair examples:

Ice cream containers must not be used for any other purpose and shall always be sterilized before use. Ice cream delivered to houses where there is contagious or infectious disease should be contained in paper boxes, which may be readily destroyed and may not be used again.

No person shall fill or refill with milk or any milk products any glass jar, bottle, can, or other receptacle with intent to sell or vend such milk product unless such jar, bottle, can, or other receptacle be first thoroughly cleansed and sterilized.

Milk shall not be transferred from any can, bottle, or receptacle to another in any street, alley, thoroughfare, delivery wagon, or vehicle where the same may be exposed, except in a milk house or creamery which is kept in a clean and sanitary condition.

Berry boxes must not be refilled. Meat or other food products shall not be wrapped in newspapers, waste papers, or any wrapping paper that is soiled or has been used for other purposes.

#### PERSONAL CLEANLINESS OF EMPLOYEES

Numerous experiences and experiments have demonstrated the ease with which contagious diseases like typhoid, tuberculosis and venereal diseases may be transmitted through food utensils, drinking glasses, etc., which have been contaminated through being handled by persons suffering from these diseases. The following points have been emphasized

in some of the laws and regulations intended to prevent such contamination and to secure clean conditions in places where food is prepared or served.

It is required that employees in food establishments keep themselves and their clothing in clean and wholesome condition. In order to secure personal cleanliness on the part of the employees convenient washrooms must be provided and these furnished with an abundant supply of hot and cold water, individual towels, etc. These should be located near and convenient to the toilets. No food should be prepared, sold, served, or stored in any rooms in which a toilet is located or in rooms opening directly into a toilet unless the toilet has an outside ventilator.

Employees in bakeries or other places where food is manufactured should be provided with white aprons which must be changed as soon as they become soiled.

The employment, in establishments where food is prepared, manufactured, or otherwise handled, of any person having tuberculosis, venereal and other infectious diseases is prohibited in many cases. Bakers' products shall be wrapped by persons whose hands have been thoroughly washed and sterilized.

Cuspidors of some impervious material must be provided in bakeries. No smoking, snuffing or chewing of tobacco shall be allowed in bakeries.

Customers shall not touch or handle any food. Labels or stamps affixed with foreign adhesive substances must not be placed on baked goods.

Meats must not be allowed to fall on the floor. Butchers are prohibited from holding skewers, used for dressing meat, in their mouths. Spitting on whetstones or steels is prohibited.

Federal and state governments, too, have made progress in the legislation for clean food. It is well known that the enforcement of the Federal Pure Food Laws are accomplishing much in this field. A recent amendment to the Federal Quarantine Regulations forbids the furnishing to ships in interstate commerce of water, to be used for cooking or drinking purposes, which is polluted with sewage.

In 1913 the State Legislature of Florida passed a law which provided for the licensing and inspection of hotels and restaurants. Among other provisions this act provides that all hotels and restaurants shall be provided with a main public washroom within convenient and easy access of the guests and provided with individual towels. The statute also requires that all hotels and restaurants shall be properly lighted and

ventilated and equipped with proper plumbing properly connected to a sewage system where one is available.

Many states, among which may be mentioned North Dakota, Michigan, Indiana, Kentucky, Louisiana, and Virginia, in connection with their food and health inspection work have established a sanitary inspections of markets, bakeries, groceries, hotels, restaurants, and other places where food is prepared, sold, or served.

The State Agricultural Commission of Ohio has recently issued a sanitary code for establishments where carbonated drinks and mineral water are bottled. In addition to establishing standards for the composition of these products the code contains several requirements as to the sanitary conditions which must be maintained in such establishments.

Work rooms must be thoroughly cleaned and free from dust and foul air, and shall be well lighted, with no dark corners where rubbish or dirt may accumulate.

All broken bottles and particles of glass must be placed in a metal garbage can, inside the factory, and covered, to prevent flies from gathering thereon. This broken glass must be hauled away from the factory at least once a week, or, if saved as cullet, stored in a bin or room and sprinkled with lime or, in some other way, treated to prevent odor and the breeding of flies.

The floors of the work rooms shall be of impermeable material, unless all filling machines and bottle washing machines are set in metal pans or frames and drained into the sewer, to prevent the floors from becoming wet, sloppy, and insanitary.

The floors must be swept and scrubbed, mopped or flushed daily, and must be kept clean and free from dust and trash at all times.

All doors and windows and other openings to work rooms shall, from the first day of April to the first day of October of each year, be sufficiently screened to exclude flies and other insects, and all doors shall be fitted with self-closing screens, or protected against flies by such other method as may be approved by the State Dairy and Food Department. At least one fly trap must be provided for each work room; all fly traps to be kept clean and well baited.

All factories must be equipped with at least one sanitary wash stand and provided with soap and towels for the use of the employees thereof; also with at least one sanitary, water closet with suitable water supply. All plumbing to be modern, sanitary and connected to the sewer with the proper trap sewer connection. Where outside closets are used and kept in a sanitary condition and lime used in the vaults at least twice a week, the installation



of a closet within the factory shall not be compulsory. Solid walls must separate closets from other rooms within the building.

A suitable place shall be provided for the employees to change and store their clothing, and no wearing apparel, boots, shoes, or other wearing effects not being worn shall be kept or stored in any of the work rooms.

Persons affected with tuberculosis or any other communicable disease shall not be employed in or about any establishment where bottled soda waters or mineral water are manufactured, processed, sold, or stored.

It shall be unlawful to fill or refill with soda water or mineral water or any other drink or fluid any glass, jar, bottle, or any other container in which to sell or vend such drinks unless such glass, jar, bottle, or container has been thoroughly cleaned and sterilized.

No horses or other animals shall be stabled or kept near or in the building, factory, or shop, unless such stable or place is separated by impervious walls, without doors, windows or other openings, from the parts of the building in which soda waters or mineral waters are manufactured or handled.

No person or persons shall live or sleep in any factory or building where bottled soda water or mineral water is manufactured, unless the room or rooms in which he, she, or they sleep are separated from the work rooms by impervious walls without doors or other openings.

It shall be required of dealers to insert all empty bottles into cases with the top or mouth downward in order to prevent the entrance of flies and other insects and the development of dangerous bacteria to threaten the health of the consumers of the product.

Many corporations and associations of individuals engaged in the manufacture and distribution of foodstuffs, having a desire to make the sanitary quality of their products conform to the standards which an educated public is beginning to demand, have given considerable attention to food sanitation. It has been found in most instances that clean and sanitary conditions in food establishments have considerable advertising value. It is also the experience that if employees are given clean and healthful surroundings and are provided with adequate toilet facilities, rest rooms, and opportunities for wholesome recreation, their improved physical condition and mental attitude often increase their earning capacity. Improvements in factory sanitation must no longer be regarded as a venture but as a necessary part of a good business policy. Of the many such instances only a few examples can be cited here.

At the seventh annual convention of the National Canners Association held at Baltimore, in 1914, a committee appointed by the Associa-



tion to study the question of sanitation of canning factories submitted a report which was adopted in the form of recommendations to the canners and copies were distributed among the members of the Association. These recommendations have to do with the location and grounds, buildings, machinery, and equipment, water supply, steam, protection and safety, toilet rooms, rules for order, cleanliness and dressing.

It is recommended that the factory be located in a place which can be maintained in a sanitary condition; that its surroundings be kept free from all litter, refuse, and waste, and that all gross by-products be stored in such manner as to furnish no nuisance.

Some of the more important points considered in these recommendations are as follows:

All buildings used for the manufacture of food products shall be clean, properly lighted, and ventilated. . . . The interior of all working rooms shall be kept a light color by paint, whitewash or other suitable method. . . .

Machinery and other equipment shall be of a sanitary type and of such material as to admit of cleaning. . . .

All machines and conveyors shall be provided with automatic or self-cleaners as far as practical. All tables, pails, pans, trays, machines, etc., shall be cleaned with steam and water at the close of each day and as much oftener as is necessary to prevent souring or insanitary conditions. There shall be ample water and steam supply to keep the factory clean. . . .

Only potable water shall be used in making sirups or brine, or in washing equipment coming in contact with food.

Separate toilet rooms must be maintained for each sex; they must be open to the outside light and air, and of sufficient size and equipment and must be kept clean.

Sanitary drinking fountains shall be conveniently placed for employees and common drinking cups prohibited.

Stools or chairs shall be provided for employees at all work which permits of sitting.

Where a change of clothes for work is necessary, dressing rooms must be provided and hangers and lockers provided for street clothes.

A rest room furnished with chairs and couch must be provided in all factories where females are employed.

Cuspidors containing disinfectants must be placed conveniently.

Where living quarters are provided for employees they must be suitable for the purpose, frequently disinfected, properly ventilated, and have suffi-

cient light and air to be healthful and comfortable and be kept clean by the occupants.

No person afflicted with infectious or contagious diseases or infected wounds shall be employed in a factory preparing or canning food.

Wash rooms must be provided conveniently located and of sufficient size and equipment for the accommodation of all employees and separated for sexes, equipped with running water and provided with individual or sanitary towels and plenty of soap.

Employees are prohibited from using tobacco, and from spitting on the floors.

No foul, obscene or abusive language will be permitted.

Employees must be properly clothed for the work to be done and must conduct themselves properly at all times.

Employees shall bathe regularly and keep their finger nails clean and short, and wash their hands before commencing a piece of work that requires the handling of food.

At a recent convention of the National Association of Master Bakers, held at Louisville, Ky., the question of the relation of bakeries to sanitation was discussed and a sanitary standard for bakeries was adopted by the Association. This standard requires that buildings shall be well lighted in every part with natural light and thoroughly ventilated. The floors, walls, and ceiling must be of impervious material, with smooth surfaces and kept clean. The rooms must be free from vermin and screened against flies. Ample drainage shall be supplied to remove all waste; sanitary toilets must be provided which shall be shut off entirely from bakeshops and storerooms. Convenient and adequate washing facilities must be provided for employees. Garbage, refuse, etc., must be stored in tightly covered cans and disposed of quickly. Machinery, tools, and other equipment must be made, installed, and used to facilitate cleanliness and safety. Stables must be so located as to prevent any odors reaching the bakeries. The method of distribution of the products must be such as to prevent contamination between the oven and home. Spitting and the use of tobacco in the bakery should be prohibited and a health certificate showing freedom from skin diseases, tuberculosis, venereal, and other infectious diseases should be secured from all employees. Employees in bakeries should be properly clothed in clean, sanitary clothes. In connection with this standard a score card was adopted.

A chemical and bacteriological study of the question of bread wrapping was also carried out, by a commercial chemist employed by the Association, with the view of determining the effect of wrapping upon the quality of the product.

The National Confectioners' Association employs as a consulting sanitarian Prof. S. C. Prescott, of the Massachusetts Institute of Technology, under whose direction a number of problems connected with the candy industry have been investigated with the idea of improving the sanitary condition as well as for their commercial value. Among the problems considered, have been those of fly, roach, and rat elimination in the factories. Another one, which although chiefly of economic importance, has some sanitary value is that of preventing the candy from becoming infected with the eggs of small moths similar to the clothes moth from which are hatched worms which ruin the candy. Attention has also been given to the bacterial content of the raw materials used in the manufacture of candy. Other problems being given attention have to do with the details of sanitary construction, the efficiency of ventilation, and the location of toilet facilities.

The better class of restaurants and other similar places where food is prepared and served are beginning to pay more attention to the preparation of clean food, the thorough washing of equipment, utensils, and dishes, and the employment of workers with clean habits who are free from disease. There is, however, much need for improvement in the sanitary conditions existing in a great many hotels and restaurants. It might be mentioned that one firm operating a large chain of drug stores has drawn up a code of instructions for its soda fountain attendants in which cleanliness is required. Many railroads and other public service corporations which serve meals to the traveling public are making an effort to improve the sanitary conditions surrounding their dining car and restaurant service.

The Chicago Northwestern Railway Company, in April of every year, equips its dining cars with screens for both doors and windows and before serving meals the employees are required to drive out all flies which may be in the car and the train crews are cautioned about keeping kitchens free from flies.

The efforts of the Pennsylvania Railroad Company toward improving the sanitary condition of its dining car service and the quality of the drinking water served on its trains deserve mention. In the suggestions



published for the guidance of dining car stewards emphasis is laid upon the neatness required on the part of the steward himself and the waiters and cooks. Clean wearing apparel and clean hands and clean nails are required. In addition to this the Company has issued a ruling designed to prevent the transmission of communicable diseases by dining car and restaurant employees. This provides for a monthly physical examination of every employee who has anything to do with the preparation or serving of food. Dishwashers, kitchen-helpers, cooks and waiters, (both white and colored), must undergo a rigid examination and only a 100 per cent report on their physical condition will permit their remaining in the service, while those suffering from tuberculosis, diseases of the eye or skin, or any other communicable disease, may not be employed in any capacity in which they might come in contact with food; further precaution is taken by debarring them from employment in places in which linens and tableware are kept.

The Company also provides at "lay-over points" for dining car stewards, waiters and cooks, special lodgings with clean linen, clean beds, and other sanitary protection.

In addition to complying with the requirements of the Public Health Service that all drinking water furnished on interstate common carriers should be certified as free from anything liable to cause disease in man the Pennsylvania Railroad Company requires that all water receptacles on all passenger coaches shall be sterilized with steam at least once a week.

That the need for educating people in the fundamental principles of food sanitation is well recognized is evident to one familiar with that subject. State and municipal food officials are beginning to realize that while police work is valuable in itself it falls short of its desired end unless supplemented with educational measures which teach the food dealer how to meet the requirements of existing standards. By means of popular bulletins, exhibits and lectures many states are conducting campaigns which instruct both the dealer and the consumer in the proper preparation, storage, and handling of foods to ensure their being clean. Among the states in which such campaigns form a part of the work of the food departments are Illinois, Michigan, Indiana, North Dakota, Kansas, and Ohio.

That valuable work may be accomplished by philanthropic organizations is proved by a study of the reports of the Bureau of Food Supply



of the New York Association for Improving the Condition of the Poor. This Bureau maintains a model grocery store which, although used primarily as a distributing center for the food sent to families under the care of the Welfare Department of the Association, has been the agent for considerable educational work as to the proper care of food. In coöperation with the city health officials a clean food exhibit has been established which demonstrates not only approved sanitary methods of covering and screening foods to protect them from dust, dirt, flies, and means of prevention of contamination through handling, but also the cheapest way in which this may be accomplished. This exhibit contains a model push-cart, proper showcases for the display of foods, street candy baskets, sanitary pickle jars, etc. An itinerant push-cart properly and at the same time cheaply constructed and equipped has also been prepared. Its contents (fruit, candies, etc.) are all properly covered with glass and in fly-proof containers. Popular educational leaflets and bulletins are also distributed by this bureau.

That the value of education regarding clean food is recognized is evidenced by the fact that the Metropolitan Life Insurance Company, New York, has had prepared for distribution among its policy-holders a pamphlet by Dr. M. J. Rosenau which points out the dangers from contamination of milk and the relation of milk to infectious diseases and gives advice as to the care of milk in the home and precautions which should be taken in its use.

The Housewives' League is an organization which is doing a great deal toward educating the housewives of the country in the sanitary value of clean food. As the direct result of its work conditions in many markets have probably been improved. Other organizations throughout the country are giving attention to the sanitary condition of markets, grocery stores, etc., and to the manner in which food is stored, handled, and served. Housewives are being taught that it is economy to pay a little more for food if it is clean and are being urged to patronize clean markets in preference to dirty ones. Dealers, too, in many instances have coöperated and have striven to make their stores conform to the demands of their patrons. When, through the efforts of such organizations and through other educational means, the housewives learn to demand and purchase only clean food which is prepared in clean places and handled by clean people, conditions will improve.

## SESSION ON INSTITUTION MANAGEMENT

MISS ADELAIDE NUTTING, *Chairman*

MISS NUTTING: Our Chairman this morning in discussing the problems of this section of the Home Economics Association, showed the institution as the home expanded into a larger home with new and special problems added, but also with so many of the fundamental problems remaining that it fell in quite naturally and logically as a branch of an Association formed to improve and strengthen home life through teaching and training in the schools.

We are somewhat in the habit of thinking of the institution as a new thing, as a conspicuous feature of modern life, and it is true that the development of institutions has advanced swiftly in recent years, and new forms have been created. The school luncheon, for instance, is a new institution. Yet, in one form or another most of these institutions have been with us for centuries. None of us can remember a time when we did not have college and school dormitories, but we can all remember very well when there were no trained persons in them to direct their activities. There have always been food departments in every institution, but the trained dietitian at the head is the symbol of our new belief in the importance of the work which these departments have to do. The enlarging function of the dietitian is worthy of note. Memory carries me easily back to the early days of her work, when in a large and famous hospital, in one of the first diet kitchens established, and under one of the pioneer dietitians of this country, I began my training in diets and cookery for invalids. We had good, though very elementary instruction in food properties and dietetics, and good practice in cookery in the special diets which were brought to us for preparation. The diet kitchen was created to provide instruction for student nurses, and the dietitian was purely a teacher. Today, in that same hospital there is a head dietitian, and the instruction of student nurses governs but a small part in her large task. She is responsible for nourishing (and I use no better term, because I cannot), she is responsible for nourishing everybody in the entire institution,—patients, staff, students and employees, in all, I think nearly a thousand people. She has trained assistants, and a large staff of graded employees, and she has control of the food problem from the market to the table. The

general welfare of all, in one sense, and the highest efficiency of every worker, in a very peculiar sense, depends upon her conception of her task. She is an administrator, a student of organization, of production and consumption, of markets, of costs. She is an employer of labor. Her kitchen is in one sense a factory, the output of which is of extraordinary import. Thus, the administrative dietitian has been called into existence and the question is arising as to a suitable title for this new and important type of institution worker.

Miss Smedley this morning spoke of the particular problems involved in the management of school luncheons, and mentioned the need of school dietitians specially prepared to handle dietaries for children. The training of workers for these and many other forms of institutions is the grave problem which confronts us, and it forms the subject, interesting and vital, of our discussion this evening. Some of us are workers; some are teachers; but all alike are, I believe, deeply concerned in trying to work out this problem to the best of our several and our united abilities. We have the challenge of those who are not satisfied at present with the results of our efforts. The people who are employing those whom we are training and sending forth, have much to say that we ought to hear and profit by. And our students in the field find themselves weak where they should be strong. The question then is: How can we improve and strengthen the training of our students in a way which shall make them better able to meet the urgent practical demands of the institutions into which they are entering—institutions which are depending on them for a skillful and intelligent application of knowledge and judgment to the handling of their affairs?

## LUNCHROOM MANAGEMENT

HELEN HOLLISTER

*Pratt Institute*

When the Home Economics movement reached the period of dealing with food in quantities, one of the first problems to receive attention was the lunchroom. This was a logical beginning, since it offered the broadest field and affected the greatest number of people. Home Economics schools for the training of teachers were importuned for lunchroom managers until the establishment of a special course seemed almost a necessity.

The pioneers called this innovation "Lunchroom Management," but as the demands increased for the scientifically trained woman for diet kitchens, institutions, dormitories and clubs, most schools broadened the course, offering it under the more comprehensive name of institutional management, institutional household science, and the like. This broadening resulted in raising the standard of the class of women taking up the work, since it not only offered more but demanded more in the way of preparation—a better general education and a wider experience. While the actual lunchroom training has become incidental, it has by no means decreased in importance, and a good percentage of those who receive special training still show a preference for the lunchroom, tea-room, or cafeteria.

The advantage in training is obvious. Whereas the woman with the ambition to manage a diet kitchen or an institution must content herself mainly with theory during her training, depending upon her first position for its practical application, the woman who chooses the lunchroom has opportunity for constant and immediate application of her every-day instructions, and is ready at the end of her course to assume responsibility. For naturally any school or college training for this work has a student lunchroom or commons as a working laboratory.

Fundamentally the curriculum, for any form of institutional work, is the same whatever the end sought. It must have as a central thought the application of science and economics to quantity cooking and serving. Due attention must be paid to chemistry, physiology, bacteriology, and the composition, selection, and preparation of food. The practical side of any institutional course cannot be too strongly emphasized—and as has been said before, it is comparatively easy to stress this in training for lunchroom work.



Discussions on the advantages and disadvantages of quantity buying, on equipment, on handling and storing supplies, on the division of labor, on the proportionate number of helpers necessary to insure satisfactory service, as well as lessons in the preparation and serving of food, making menus, keeping accounts, estimating costs and setting prices, are a necessary part of all institutional courses. Added to these for this particular course is actual and frequent experience in the lunchroom itself. Naturally those responsible wish to have the school lunchroom, the base of operations, the best possible example of its type, both as to dining room and as to kitchen and as to the equipment of both. A "model" management is of course only possible to those who can plan the lunchroom space and equipment from the start and without handicap. Most schools have to make the best use of space and even of equipment handed over to them. The one advantage of the latter state of things is that students may have a living example of how to overcome limitations and disadvantages. In most positions to which they go they will have to face most of these.

As to equipment, familiarity with labor-saving devices should be gained, as far as possible through frequent experience; the per capita allowance for original equipment, the cost of depreciation, and the cost of renewal should be the subject of many talks and problems. These data for the school lunchroom or dormitory where the students work should be kept always easily accessible to students. Field trips to institutions where different types of equipment (especially machines) are in current use must supplement the knowledge gained from the study of catalogues of the firms manufacturing equipment. The comparative cost of different machines, with average cost of repair, is of especial importance, and a card catalogue of such data invaluable to the institutional worker.

On the side of costs, there are several necessary subjects of study. It is unfortunate that the very important question of buying supplies cannot be dealt with directly. No school can afford the financial risk of experimental buying. Except for an occasional day of marketing the student must content herself with theory and observation. But the eager-to-learn woman who avails herself of every opportunity to compare price lists, to watch the buying of the school and of any other institution where she can get opportunity will get a fund of information, not only valuable but usable. She can also have some experience, as well as instruction, in the keeping of accounts and the taking of inventories.

The cost of food can be emphasized from the first lesson in cookery, with calculations of the cost of the raw material of every dish. A little later this work can be extended to include cost of preparation—in time and service. Still later the students can add to the costs thus calculated the other overhead charges, rent, light, heat, water, depreciation and renewal. In this way the students gradually acquire judgment as to the price at which a dish may be sold with profit or without loss, as occasion may require.

The making of menus for different types of tables is a constant and gives experience in calculating food values, costs, and the relation of one to the other. Fortunately, students can have the experience of checking the food supplies as received, for weight, quality and cost. They can also collect data on such points as the proportion of solids to liquids in different brands of canned fruits and vegetables.

The one point where adequate training can be given, is in the preparation and serving of food. Here is the opportunity to study the psychology of this subject, which is one of supreme importance to most of us. Attention, interest, curiosity, suggestion, pleasurable emotion—all play a big part in the success or failure of the lunchroom service. The student quickly learns that food carefully prepared, attractively served, and offering a day-to-day variety is essential for a contented clientele.

There are two great needs in such a course that are not yet adequately met in any school. One is a need for the personal touch with the students, through talks and discussions, of the men and women who have worked on and worked out institutional problems in hospitals, schools, lunchrooms, dormitories, hotels. These are busy people. It is hard to get their time and almost impossible for any school to pay what their time is really worth, but they are a vital part of a successful course of training.

The other need is for the printed record of the data gathered and the experience gained by those who are already in the field. Such records must be systematically arranged and so carefully itemized that the user can be sure of the ground covered. Too frequently such records leave out one or another item or so confuse the classification that it is impossible to find a common denominator for any two. One of the most valuable things this conference could do to further the training of the lunchroom managers or any other kind of institutional workers is to arrange for the compilation and publication of an annotated bibliography of the worth-while material now available.

## INSTITUTION MANAGEMENT: COURSES IN INSTITUTIONAL ADMINISTRATION

MABEL C. LITTLE

Of what studies should the course in institutional administration consist?

To answer this question perhaps we should first ask what positions are we fitting students to fill? In other words, what kinds of knowledge will be essential, in order that they may be a success in this profession. Success in institutional administration means administering the affairs of an institution so as to produce satisfaction both to one's employer and to oneself.

Failure in institutional work on the other hand is a very serious thing. It inflicts an injury on the profession, especially where a prejudice has existed against trained workers; it does an injury to the school where the student has obtained her training; but the greatest sufferer usually is the institution itself. Good servants are often spoiled; great waste occurs; and an organization that has taken years to build up may be seriously menaced by the poor judgment and failure of the person who controls its management.

Finances seem to be the barometer of success and failure in institutional work, on account of the expensive equipment and materials under the direction of the manager, such a failure often representing a large financial loss.

If I were to name the qualifications for success in this work they would be the following: Good health; common sense, the value of which cannot be overestimated and which includes tact; maturity of mind; reliability; a pleasing personality; executive ability; self-control and dignity; power of adaptation to people and circumstances and to be equal to emergencies; breadth of knowledge especially of institutions through visiting and studying them; knowledge of psychology, to meet the social and moral problems constantly arising with employees; cheerful and enthusiastic interest in the work; ability to teach and training in the methods of teaching (this is used every day, as employees must be taught the most efficient methods for doing their work); definite knowledge of costs in order to make estimates for yearly budgets, etc.; knowledge of bookkeeping methods; knowledge of chemistry and dietetics; knowledge of physiology and first aid to the injured; knowledge of the planning of institutions architecturally, for improving old buildings and



planning new ones; knowledge of institutional housekeeping, including sanitation, cleaning, being able to plan the work for employees, because of having done time studies; knowledge of plumbing, and all working of equipment, extermination of vermin, etc.; knowledge of institutional cookery, menu making, serving and catering (this includes all kinds of service—dining room, cafeteria, lunchroom, tea room, restaurant, hospital, school lunchrooms, etc., both the esthetic and practical sides. this includes also knowledge and management of the equipments of dining rooms and kitchens and planning the work of the people employed there); knowledge of institutional buying and marketing; and knowledge of institutional laundry equipment and of its management.

Time forbids the expansion of these qualifications mentioned, but they lead us to the consideration of some problems. Can we trust students to decide for themselves upon the possession of these qualifications which will make for success in this profession? How can we best help them to decide? Would it be possible to enlist the interest of all of the instructors in the courses of Domestic Science for the first two years of the course to have this constantly in mind and to watch for manifestation of this ability, especially the executive ability?

Could an examination be given which would demonstrate the native ability, judgment, and a number of other qualifications of the student?

Can we trust a student in her senior year not having had any courses in institutional work to decide whether she will like any one branch of institutional work and then simply train her for that one line?

How far can we trust her judgment and how far can we specialize for her in this training?

It seems to me that an institutional manager must have all the training possible in all kinds of institutional work; for instance, a dietitian must understand far more than simply the science of physiological chemistry and dietetics, for, essential as that is, it is a small part of the necessary knowledge possessed by a successful dietitian.

Is it not best to have institutional courses and laboratory work required for all institutional workers, studying all kinds of institutional management?

Experience is becoming a more and more valuable asset to institutional workers all the time and the value of the training and experience of an assistant's position can not be overestimated. Specialization may come at this time, and the student be better able to judge the kind of work preferred.



It seems only a question of time when this practice work will be required by all colleges before the diploma is given. Some schools of mechanical engineering require shop work in the summer from their students. Shall we not follow a similar plan in the near future?

The demand for good institutional workers continues to exceed the demand for teachers of domestic science and as the salaries are somewhat better—living expenses in most instances being included—this work continues to attract more and more people. The question for the educators in institution administration seems to be to find the round pegs and polish them to fit exactly into the round holes.

## SUMMARY OF RECENT INSTITUTION VISITS

ANNA BARROWS

Before I say anything of the institutions that I had the good fortune to visit this spring, I want to speak of my own interest in this particular line of work. My first experience after a course at the Boston Cooking School was a month at Wellesley with a family of thirty. If I had not had a hand-to-hand experience with from five to ten I should never have known what to do with a family of thirty. As it was I received some credit because I did not have any soap grease for the grease man. For the last ten years I have had a considerable share in a series of experiments at Chautauqua. While some of you say that six weeks in the summer is nothing in comparison with a year's school, or hospital, or anything of that kind, one certainly has the beginning and the ending of the season; and the experience of breaking in practically all the new set of workers.

We have found that the unforeseen is very sure to happen every year at Chautauqua, and we have had to do all sorts of things, from serving annual dinners to the trustees of Chautauqua, whom we have represented here by Mr. Dewey, or to the President of the United States. We have a large lunch room, a small tea room and a commons feeding one to two hundred, each representing a different problem. I remember once in that lunch room seeing an elderly couple, I fancy a retired minister and his wife, order one cup of tea, one order of soup, and divide

an order of rolls at a total cost of 15 cents for the two. We feel that something is accomplished if we give people of that sort an opportunity for a summer vacation. One has more sympathy with that sort of thing than with a tea room for the people who are well fed but are looking for something new to gratify their appetites.

In the institutions I visited this spring, in the interests of the American Home Economics Association, more was being done for the training of the teacher than for the training of the administrator. In 15 or 20 places, largely in the South, I was entertained in the school or college boarding house. To summarize the situation in a very few words, we might say that where the financial manager of the institution is looking out for the care and feeding of the pupils, of course, with due regard for the health of the pupil, of keeping them up in good condition for a moderate sum, economy must be the thing that is thought of first of all. In many of these institutions the pupils are caring for themselves to a large extent through the fraternity or sorority house. While here the students may desire to live as economically as possible; still they think a little more of their own entertainment and the aesthetic side of life.

Where we see pupils caring for themselves under the direction of the teaching department, we have more education in the art of living. And I think we may say education in eating is necessary; the education of the eater, as well as education of those who prepare the food. There is always liable to be some friction where people are fed by some one else. If the pupils are doing something for the preparation of the food for themselves they are less likely to be critical of what others place before them. In many places where I went there was too wide a separation between the Home Economics Department and the feeding of the students. They had not yet come to realize that here was something that the head of the department should look after.

Since the manager of any large enterprise must be constantly teaching, there is need that the young woman who is fitting herself for a dietitian, should have some training in methods of teaching. The teacher of Home Economics must know something of administrative methods, for she is likely at any time to be called upon for advice or more active connection with the school dormitory or lunch room. These two lines of training should not be entirely separated in our fitting schools.

## COST OF FOODS FROM PRISON TO PALACE HOTEL

MRS. MELVIL DEWEY

*Lake Placid Club*

War conditions and the consequent scarcity of food in many countries, suggested the investigation to which this day's program is devoted. Not only the price but nutritive needs and hygienic results of feeding under various living conditions should be considered to make this study of value.

In seeking information on prison fare, appeals were made to the wardens of several leading prisons but Mr. Thomas Mott Osborne was the only one to respond personally and he felt that his knowledge was too limited, as yet, to speak on this subject.

A bibliography of material consulted in the State Library at Albany, covering both American and English penal institutions, is appended.

## PRISON FARE

It is now held that the criminal is not a creature of heredity so largely as of environment and that a most important developing factor in environment is diet. Nutrition unquestionably affects the disposition, character, and mental poise of the individual. The Borstal reformatory system now in use in England, is largely built upon this principle. The old theory which has so long prevailed, held that the object of feeding was simply to keep the prisoner alive and enable him to perform his daily tasks, but, if the prison is to be an institution of reform, the right kind and amount of food is an essential factor in his reformation. As a result of the old system there have been many disturbing elements in prison life, mental and psychologic crises due to the disturbed nervous condition of the inmates, and made more pronounced by the influence of improper diet. While the prisoner is not incarcerated for the purpose of being fed an ideal diet, nevertheless he should be fed a palatable and well balanced ration, calculated to insure good health and a stable nervous system.

The last investigation of our state institutions (Annual Report 1915, N. Y. Dept. of Efficiency and Economy) shows that the complaints made of the meals furnished prisoners in all four of our state prisons, Auburn, Clinton, Great Meadow, and Sing Sing, the manner of service, lack of



suitable equipment, monotony and poor quality of the cooking, were well founded.

The daily per capita for feeding men prisoners in New York State ranges from 11.29 cents at Auburn to 12.58 at Sing Sing. The average expense per prisoner per day for 3 meals in all our prisons is about 11.5 cents. Occasionally it drops way below this sum. Three meals at Sing Sing June 5, 1914 cost  $7\frac{1}{3}$  cents per capita, 4 other days 6.95. The menu on the lowest day was: Breakfast: corn meal, milk, bread, coffee; Dinner, macaroni, bean soup, coffee, bread; supper: tea, bread.

In this dietary the milk is adulterated to 3 or 4 times its bulk with water, the coffee is nothing but a slop, no taste of coffee being discernible, and the general statement is that to drink it brings on indigestion. The tea is a strong preparation of tannin, strong enough to tan leather. The macaroni is steamed, not baked. There was nothing appetizing for the prisoners to eat at breakfast except bread; at dinner, bean soup and bread; at supper, only bread. The coffee is made as follows:  $3\frac{1}{2}$  pounds of coffee to  $1\frac{1}{2}$  pounds chicory to 200 gallons of water, price 14 cents a pound. This mixture is sufficient to serve 1400 men at a total cost of 56.7 cents a day. To make a good drink the keeper at Auburn figured it would require 30 pounds of coffee mixed in the proportion as now used with chicory and would cost the state \$3.40 instead of 56.7 cents as at present, and would increase the expense in all 4 prisons about \$5000 a year.

At Clinton prison 3 days in June averaged 6.9 to 9.04 cents per capita. Breakfast: oatmeal, with milk, bread, coffee; dinner: pork and beans, bread, coffee; supper: bread, coffee.

Meals at Auburn are said to be the best served in the prisons and there the milk was skimmed, not diluted 3 to 4 times.

It seems extraordinary that so little judgment is shown by prison officials in varying and improving the dietary. The same unappetizing stuff is served day after day and year after year, with no variety in food or manner of preparation. A large number of the prisoners have stomach troubles from this cause alone. Canned food is served when fresh vegetables would be just as cheap. The meat is cooked to death and is covered by a so-called sauce. The kitchen keepers are not to blame; it is the fault of the system.

The law provides that prisoners shall be served "wholesome, but inferior food." It reads well in the published list of meals but in actual



practice it is awful. At all prisons the beef bought is what is known as "clods." The breakfast is one of the horrors of prison life, oatmeal one day, hash the next, a very small amount of meat being used, or none at all, the hash being a combination of vegetables, unappetizing in appearance and taste and is properly described as a "mess." Once a week it is baked and then the men eat and commend it. The supper always served throughout the State, is bread with tea or coffee which are both unspeakably bad. In only one prison was the bread distribution sanitary and decent, picked up on a fork and handed to the prisoner. In every other prison the inmates were allowed to paw the bread over and sometimes handle a number of pieces in making a selection. Repeated efforts have been made to secure baking ovens but without avail, and every one of the kitchen keepers has deplored the vile stuff served as tea and coffee. Only one prison has suitable arrangements for cooking food; that has a bake oven, but in all the others the food is cooked in steam kettles, whereby all the taste is cooked out of it and it is served in a watery condition.

When the character of the food served is taken into consideration, it is not surprising that our prisons do not reform and that work in the shops is not satisfactory. One prison, Great Meadow, has a large farm worked by the prisoners, where fresh vegetables are sometimes served them. The fact that a daily supply of fresh vegetables in summer is not served in all of our prisons is simply an indictment of the efficiency of prison administration both in Albany and at the several prisons. Examination of the various mess halls and kitchens shows that a complete change in the feeding of prisoners should be made. In addition the sanitary and hygienic conditions in some of these prisons is a disgrace to the state.

Prof. Charles R. Henderson in his report on Penal and Reformatory Institutions, 1910, outlines many necessary improvements and even suggests ideal conditions: first, a suitable room in which to serve meals, surroundings being important to power of digestion; dampness, darkness, gloom, impede and arrest it, while fresh air, light, comfort, and cheeriness aid digestion materially. The room should be simple, sanitary, decorated in light, soft shades, pleasing to the eye. Ample tables, reasonably comfortable seats, so arranged that the men can be easily marched in and out. All meals should be eaten in mess halls; eating in cells should not be allowed. The food should be well cooked,

especially vegetables and cereals. Large brick ovens are desirable; too much food is steamed and it is not sufficiently varied. The food should be well served by trained waiters, neatly coated and aproned, preferably in white. White china should be used, not rusty tin and pewter as has been the custom from time immemorial. Prof. Henderson even goes so far as to suggest having bright orchestral music at one meal a day as an aid to digestion and adds that except the music, Clinton prison has used most of these suggestions with advantage and no increase in actual cost of feeding.

The National Committee on Prisons and Prison Labor, through Miss Jaffray, Executive Secretary, and Wm. Golden, General Inspector, report some encouraging improvements in regard to feeding the inmates of the penal institutions in New York City. Beginning with June, 1914 the whole method of issuing, distributing and cooking food was changed and a much more balanced diet was installed. The city institutions are now equipped for roasting meat and serving foods in other ways than boiled and steamed. They have also added to the dietary cereals and milk for breakfast. Baked beans, stewed fruit, macaroni and cheese, boiled rice for supper, which had not previously been used, have added variety to the diet and are much appreciated by the inmates.

The allowance for inmates of the city penal institutions is 16 cents per capita; for employes, 3 meals a day, 31 cents per capita. The object is to get the food to the individual in as palatable a form as possible and this can be accomplished only by having suitable cooking utensils and the number of cooks to handle, supervise, and distribute the food properly.

It is not generally considered important in penal institutions to have any well trained person in charge of this phase of the work, but competent and reliable help is more essential here than in any other part of the institution because food is one of the principal large expenditures and should be handled with great care and efficiency. Usually in prisons there is one cook or chef who has entire charge of the work. His hours are from 4 in the morning to 4 in the afternoon. On his day off the work is done by an inmate and the result can readily be imagined. Too much is now dependent on inmate help. There should always be a responsible and efficient person in the kitchen at all times which would mean at least two people to properly supervise the cooking and distribution of food supplies.

Miss Jaffra writes:

To my knowledge the dietary of the Department of Correction is the best in any prison. Dr. Emily Seaman of Teachers College is making a study of the prison diets of New York State with a view to recommending changes, but her work is still far from complete.

In regard to English reformatories and indeed to prison administration in England, it is in advance of this country but absolutely along the old lines of repression. Mr. Osborne was told when in England that we had to work out prison reform in this country before they would awaken to the need of it in England. All the details are well attended to; it is the underlying principle that is wrong.

The fact can no longer be ignored that food has an important bearing on disposition and character and in the production of certain physical and psychic phenomena. Malnutrition is not only a great cause in the production of criminals but may be a cause of their continuation in crime.

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## FOOD COSTS OF THE DEPARTMENT OF PUBLIC CHARITIES, NEW YORK CITY

HENRY C. WRIGHT

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New York City*

The Department of Public Charities during the year 1914 saved about \$125,000 on the cost of food, as compared with the year 1913. The object of this paper is to show somewhat in detail wherein this saving was effected.

The Department operates twelve institutions, and for these purchases about \$1,300,000 worth of food, annually. The specifications under which the food is purchased are made out by the Bureau of Standards, connected with the appropriating authorities of the city. It was found that some of these specifications provided for too high a quality of goods, and, in other regards, provided conditions that made food more expensive than seemed warranted. Accordingly, a study was made of the specifications, and certain modifications were suggested, which were adopted by the Bureau of Standards. The savings, represented by the above indicated amount of money, were brought about by the modification of specifications; by a better system of controlling waste, and by the substitution of less expensive foods for higher priced foods. A statement of the savings is set forth in the following table:



*Quantity and cost of food supplies consumed during the years 1913 and 1914. Increase in feeding census 1914 over 1913, 13.7 per cent*

ITEM	1913		1914		PER CENT INCREASE	
	Quantity	Value	Quantity	Value	Quantity	Cost
	<i>lbs.</i>		<i>lbs.</i>			
Meats.....	2,700,026	\$323,871.18	2,882,993	\$328,381.80	6.77	1.39
Milk and cream.....	5,411,856	177,922.27	6,301,997	206,433.02	16.44	16.02
Fresh fish.....	366,778	20,863.55	400,636	22,133.13	9.23	6.08
Poultry.....	204,666	40,592.34	265,361	49,167.92	29.65	21.13
Butter and eggs.....	683,384	182,146.19	786,198	203,860.29	15.04	11.92*
Flour and yeast.....	3,939,159	90,079.74	3,858,146	86,225.54*	2.06*	4.28
Stock fruits and vegetables.....	4,303,496	71,246.53	4,590,210	71,835.47	6.66	0.82
Vegetable daily.....	108,602	5,846.05	128,198	5,892.27	18.04	0.79
Fruits daily.....	167,372	7,923.16	193,396	7,789.93	15.55	1.68*
Canned fruits.....	44,862	4,892.79	28,782	2,903.12*	35.84*	40.67*
Canned vegetables.....	68,140	4,195.75	75,620	4,099.00	10.98	2.31*
Canned fish.....	8,506	2,324.57	10,396	2,636.85	22.22	13.42
Fancy groceries.....	60,575	9,282.98	70,819	10,392.62	16.91	11.96
Coffee, cocoa, tea, sugar, syrup and molasses....	924,708	73,558.10	1,017,221	68,376.44	10.00	7.04*
Dried fruits.....	240,685	19,574.50	292,013	21,782.46	21.33	11.27
Cereals.....	415,312	11,046.34	483,763	13,183.42	16.48	19.35
Provisions.....	510,108	33,613.55	528,504	35,425.81	3.61	5.39
Sundry groceries.....	224,384	12,055.78	278,296	13,554.93	24.03	12.43
Total.....	20,382,619	1,091,035.37	22,192,549	1,154,074.02	8.88	5.78

\* The items which are starred represent "decreases."

Warranted increase in food costs.....	\$149,471
Actual increase in food costs.....	63,039
Saving.....	\$86,432

*Some instances of changes in dietary resulting in economies*

ARTICLE	CONSUMED, 1913	CONSUMED, 1914	INCREASE		DECREASE	
			Quantity	Per cent	Quantity	Per cent
Rooster.....	23,580	49,792	26,212	1.11		
Fores of beef.....	1,351,324	1,447,642	96,318	7.13		
Hinds of beef.....	672,937	631,992			40,945	6.08
Turkey.....	44,276	34,697			9,579	21.63
Potatoes, white.....	2,831,241	3,121,594	290,353	10.26		
Cabbage.....	342,717	272,991			69,726	20.34
Potatoes, sweet.....	59,678	37,511			22,167	37.14
Dried apples.....	82,416	9,850			72,566	88.05
Dried peaches.....	27,078	122,856	95,778	3.53		
Farina.....	24,470	71,234	46,764	1.91		
Macaroni.....	7,852	34,252	26,400	3.37		

The feeding census of the Department increased 13.7 per cent for the year 1914, as compared with the year 1913. In other words, assuming the same unit costs of food, the Department would have been warranted in expending 13.7 per cent more for its foods in 1914 than it did in 1913, or an expenditure of \$149,471 in excess of the 1913 costs. The actual increased cost, however, was but \$63,039, showing a saving of \$86,432. The items on which this saving was secured are indicated in the foregoing table. For instance, the amount of meat increased 6.77 per cent, while its cost increased but 1.39 per cent. That the cost did not increase in proportion to the quantity of meat was due to the fact that Argentine beef was substituted for domestic beef at an average saving of about \$0.0106 per pound. At the same time, a reduction of about 41,000 pounds was made in the amount of hindquarters used, and an increase of about 96,000 pounds in the amount of forequarters used.

Fresh fish increased 9.23 per cent in quantity, and but 6.08 per cent in cost. The reduction in cost was brought about by the purchase of fish in the open market, rather than on contract, as had been done in the year 1913. It was found that when fish was purchased on open market orders that contractors would offer much more advantageous prices than when they were obliged to buy on a contract lasting for a period of several months.

Poultry was furnished in a much larger proportion to the patients than heretofore, the increase being 29.65 per cent. Its cost was increased but 21.13 per cent. The reduction in the cost was brought about by the purchase of a larger percentage of roosters than in the year 1913. The market price of roosters is usually somewhat less than that of fowl.

It will be noted that the fresh vegetables were increased 18.04 per cent, while their cost increased but 0.79 per cent. Heretofore, vegetables have been purchased on contract, the contractor bidding on the price of vegetables covering a period of one year. It was naturally impossible for a contractor to anticipate the market conditions of fresh vegetables, the seeds for which had not yet been planted. Under these conditions the tendency of the contractor was to bid high to cover possible losses. The system of buying vegetables was changed from a term contract to open market purchases. At the same time, much more care was given to the purchase of vegetables in season. The institutions were informed of the specific dates between which they could purchase any

specified fruits and vegetables, and the maximum price which could be paid for them. As a result, none of these supplies were purchased when the market price was higher than the schedule indicated, or outside of the dates set. Heretofore there has been more or less laxity with regard to the season within which such things were purchased, and the prices paid therefor.

The amount of canned vegetables increased 10.98 per cent, whereas their cost actually decreased below that of 1913. This was accomplished by buying the vegetables in No. 10 cans, instead of No. 2 and No. 3 cans, as had been the practice heretofore. During 1914 the vegetables were contracted for in an approximate proportion of 80 per cent in No. 10 cans and about 20 per cent in No. 2 and 3 cans. This proportion seems to work out very satisfactorily in the daily distribution.

The increase in fancy groceries was 16.91 per cent in quantity but only 11.96 per cent in cost. The saving here was due largely to the substitution of large containers for small ones. Heretofore chow chow, pickled onions, etc., had been purchased in quart bottles, and during the year 1914 they were purchased in five-gallon barrels, which resulted in a marked reduction of cost.

Coffee, cocoa, tea, etc., showed an increase of 10 per cent in quantity, whereas the cost was actually reduced over 7 per cent. This was brought about by substituting No. 3 Santos for Bogota, which was formerly used. This would seem to be a reduction in the quality of the coffee, but the Bogota heretofore had been purchased roasted, whereas the Santos was purchased as green coffee and sent to a roaster and delivered to the Department immediately upon roasting. This substitution produced very satisfactory results.

Dried fruits showed an increase in quantity of 21.33 per cent whereas in cost the increase was but 11.27 per cent. This reduction was brought about largely by the substitution in size of 60 to 70 prunes for 40 to 50, which were formerly purchased; and also by the substitution of dried peaches for dried apples and apricots. Both of these substitutes seemed to be satisfactory.

Sundry groceries increased in quantity 24.03 per cent, whereas in cost but 12.43 per cent. The saving in this class was secured largely by the substitution of broken macaroni for whole macaroni, formerly purchased.

Considerable saving was secured by standardizing the cutting of meat throughout the institutions, so that it would be daily adjusted to



the dietary. Thus the butchers in all of the institutions adopted the same method of cutting up the carcass, and also adjusted the cutting so that a comparatively small per cent of the better cuts of meat would be used for stews.

Although the feeding census of the Department increased nearly 14 per cent, the amount of flour used actually decreased, even though there was an endeavor to feed more bread than formerly. This was accomplished through very careful supervision of the waste bread in each dining room, and an adjustment of the distribution of bread based on the amount of bread discovered wasted. Thus, the waste bread was greatly reduced and, at the same time, the inmates and patients were given all they desired to eat.

The foregoing statement of facts is but a small guide to those having charge of the purchase of food supplies for one or more institutions. It does indicate, however, the general line of foods wherein economies have been secured by the Department of Public Charities, and it indicates, also, the class of articles that should be carefully examined to determine whether or not the specifications are needlessly high; or whether containers are of a size best adapted to the use of the institution; or whether or not certain lower cost foods can be substituted for the higher priced foods, as, for instance, forequarters for hindquarters of beef; broken macaroni for whole macaroni; broken rice for whole rice, or fresh roasted coffee for higher grade coffee not fresh roasted.

## STATE HOSPITAL FOOD SUPPLIES

RICHARD H. HUTCHINGS, M.D.

*Superintendent, St. Lawrence State Hospital for the Insane, Ogdensburg, New York*

The state hospitals of New York under the control of the State Hospital Commission are fourteen in number, situated in various parts of the state and care for more than thirty-three thousand patients. There are six thousand five hundred officers and employees.

The St. Lawrence State Hospital with approximately two thousand patients and four hundred employees may be taken as a type of these institutions. It is located at Ogdensburg on the St. Lawrence River



on a tract of land comprising a little more than twelve hundred acres. Two hundred acres are covered by buildings and ornamental grounds and the remainder is farm land.

The farm is operated as a separate department. It is charged with all the expenses of maintenance, including the wages of farm hands and their board and lodging, seeds, fertilizers, tools, repairs, and miscellaneous expenses, and is credited with what it produces. Able-bodied patients who are accustomed to farm work are employed under the direction of farmers and attendants and do a considerable amount of the farm work, but no responsibilities are placed upon them and their work is entirely voluntary.

The institution comprises three principal groups of ward buildings, Central Hospital, Letchworth and Flower groups, accommodating altogether about 1800 patients, and three detached cottages—the Tuberculosis Pavilion, the Farm Cottage and Garden Cottage, accommodating altogether about 200 patients.

Each of these groups and each of the detached buildings has a separate kitchen from which food is distributed to the wards. The wards in the central groups have small dining rooms in connection with each to which the food is transported from the Central Kitchen through a conduit, the greatest distance being about 200 yards. The other groups and each of the detached buildings has a dining room contiguous to the kitchens, to which the food is distributed directly by hand.

The culinary department is under the direct charge of the chef who is responsible for the cooking and distributing of the food and for the work of the employees, consisting of cooks, head cooks and kitchen helpers. He is required to supervise the service of food in the dining rooms, see to the elimination of waste and the proper service of meals.

The purchases are made by the steward on competitive bids and include everything that is not produced upon the farm, but the farm produces all of the milk, potatoes, fresh vegetables and pork that are needed in the institution. It also produces some beef, butter and eggs, but the greater part of these items is purchased.

The dairy herd consists of about 200 Holstein cows and about 50 young stock, it being the policy of the institution to raise its own cows and not purchase on account of the danger of introducing tuberculosis. We aim to produce only milk, but in order to have a sufficient quantity during the winter months it results in some surplus during the summer, which is converted into butter.

To keep the herd properly strengthened requires an elimination each year of from 20 to 25 animals which are fattened and slaughtered.

The greater portion of our beef and all of the mutton is purchased under contract with one of the large packing houses and is the grade known as Prime Western. Recently we have substituted Argentina beef and have found it very satisfactory. The carcass is somewhat larger than the native, being well fatted and of good quality. Salt pork, hams and bacon are prepared at the store house.

We have a modern cold storage warehouse, the operation of which results in considerable economy in food costs. During April and May when eggs are at the lowest price, we purchase in our immediate vicinity a year's supply of eggs, about 62,000 dozen, which are kept at a temperature of between 30 and 32 degrees, and which come out of cold storage in the spring in excellent condition with very little loss. During June and July, ten months' supply of butter, about 70,000 pounds, is purchased and stored at a temperature of about 18 degrees, the quality being Creamery Extra, the best grade of butter produced in northern New York, which is an important dairy section. We can also carry a year's supply of cheese and still have room for miscellaneous articles, as salted and smoked meats, fruits, etc.

Our dietary is based upon recommendations made by the late Prof. W. O. Atwater, after an extended series of experiments conducted in several state hospitals, covering a period of about three years. He made detailed studies of various groups of patients and classified them according to their dietetic needs. These were:

1. The infirm, including the unproductive and inactive chronic patients.
2. The workers including patients engaged in productive employment and the more active of the restless and disturbed patients.
3. The sick and patients recently admitted to the hospital, most of whom are in the acute stages.
4. The employees.

These four classes were found to have widely varying dietetic needs but there is also equal variation in the class of productive patients or workers. Some included therein were women engaged in needle work, others were men hoeing in the fields.

As a result of his experiments he recommended an average diet which when actually consumed would provide 73 grams of protein, 76 of fat, 317 of carbohydrates which produces 2305 calories of energy.

In order to allow sufficient margin for loss in storage and preparation and waste in cooking and serving, he recommended the following quantities of various foods to be used as a purchasing standard, which has since been the basis upon which purchases of food are made:

TABLE 1

*Per-diem per capita allowance of food for State Hospitals*

Farinaceous foods.....	13	ounces
Meats and fish.....	10½	ounces
Butter.....	1½	ounces
Cheese.....	⅓	ounce
Coffee.....	½	ounce
Tea.....	⅓	ounce
Milk.....	1⅓	pints
Eggs.....	0.55	
Sugar.....	2½	ounces
Potatoes.....	10	ounces

These quantities have been found by experience to be rather high. Only the patients engaged in the most active work require this amount, the average consumption being about 12 per cent less in farinaceous foods, about 16 per cent less of meats and fish, 10 per cent of sugar, 20 per cent of potatoes, and we usually exceed the egg allowance by about 3 per cent. Fresh vegetables and fruits are not included in the table but are served regularly.

This dietary is sufficiently elastic to permit of the substitution of cheaper for more expensive foods when conditions of the market warrant it. Other articles are substituted from time to time for fresh beef.

A dinner of beef requires, for 2500 persons, 1125 pounds which at 11½ cents per pound, the wholesale price of full carcasses, with 50 per cent extra fores, amounts to \$130.32.

There may be substituted for this:

Eggs, 437 dozen at 0.22.....	\$96.14
Frankfurters, 625 pounds at 0.1198.....	73.00
Salt codfish, 500 pounds at 0.0684.....	34.20
Salt salmon trout, 750 pounds at 0.0649.....	48.67
Salt mackerel, 750 pounds at 0.0637.....	47.77
Fresh fish, 563 pounds at 0.04.....	22.52



Further economy has resulted from the substitution of potatoes raised on the farm which were produced at a very small expense, for macaroni, dried beans, etc. Such substitution would not be profitable, however, if potatoes were purchased.

The limitations of the kitchen equipment and service made it impracticable to attempt a great variety of dietaries nor was such a course deemed necessary. The same object could be attained by the service of food in the dining room. The patients were seated at tables accommodating from eight to sixteen and by grouping them there by the class of labor performed it proved entirely practical to establish a basic dietary to which could be added extra dishes for those deemed to require it. For patients who are engaged in laborious work, meat or its equivalent in eggs or fish is regularly served for supper, and to this is frequently added pie, doughnuts or pudding. To the patients who work on the farm corned beef or mutton hash with potatoes is usually served for breakfast. The reputation of the Farm Cottage dietary makes it easy to retain the best grade of working patients there to the profit of the institution. In the ordinary wards of the hospital where the dietetic needs are not so clearly defined as at the Farm Cottage are to be found numerous patients in whom age, permanent or temporary physical condition or idiosyncrasy make some departure from the regular dietary desirable or necessary. Such variations are prescribed by the physicians. This places the responsibility for the nutrition of their patients on the ward physicians who frequently inspect the dining rooms at meal time and who are best qualified to judge of the requirements of the individual. No limit is placed upon the variety or character of this extra diet. The extra diet prescriptions are sent to the diet kitchens and so come within the purview of the nursing service. Extra diet may be ordered for any or all of the regular meals or at intervals throughout the day and night. The diet kitchens are always open and all nurses are instructed in the cooking and serving of food. Articles of extra diet commonly prescribed by the physicians in illness and convalescence and for patients with impaired digestion include soups, broths, eggs cooked variously and raw, baked potatoes, fruit salads, cake, ice cream, custards.

A sample of the basic dietary for one week is given below. It is adapted, without modification, to the needs of the majority of hospital patients who are in good physical condition, and take a fair amount of exercise or are lightly employed:



*Regular dietary for patients for the week ending June 13*

<i>Monday:</i>	B. Hominy mush, milk, bread, butter, coffee. D. Pea soup, boiled beef, gravy, potatoes, vegetable, bread, butter, syrup, bread pudding. S. Raised biscuit, sauce, bread, butter, syrup, tea.
<i>Tuesday:</i>	B. White cornmeal mush, milk, bread, butter, coffee. D. Scrambled eggs, potatoes, vegetable, bread, butter, syrup, rice pudding. S. Fried potatoes, cheese, bread, butter, tea.
<i>Wednesday:</i>	B. Hominy mush, milk, bread, butter, coffee. D. Creamed codfish, potatoes, vegetables, bread, butter, tapioca pudding. S. Spice cake, sauce, bread, butter, tea.
<i>Thursday:</i>	B. Oat-flake, milk, bread, butter, coffee. D. Mutton pot-pie, potatoes, vegetable, bread, butter, farina pudding. S. Creamed potatoes, sauce, bread, butter, tea.
<i>Friday:</i>	B. White cornmeal mush, milk, bread, butter, coffee. D. Baked fish, gravy, potatoes, vegetable, bread, butter, rice pudding. S. Raised biscuit, sauce, bread, butter, tea.
<i>Saturday:</i>	B. Wheat flake, milk, bread, butter, coffee. D. Scrambled eggs, potatoes, vegetable, bread, butter, syrup, bread pudding. S. Fried potatoes, cheese, bread, butter, syrup, tea.
<i>Sunday:</i>	B. Oat-flake, milk, bread, butter, coffee. D. Fricassee of beef, potatoes, vegetable, bread, butter, syrup, rice pudding. S. Currant cake, sauce, bread, butter, tea.

The following is a sample dietary for employees, nearly all of whom are young persons and lead rather an active life, being on duty for from 8 to 12 hours daily.

*Dietary for employees*

<i>Monday:</i>	B. Cereal, milk, buttered toast, bread, butter, coffee. D. Soup, roast beef, gravy, potatoes, bread, butter, pudding, tea. S. Cold meat, potatoes, ginger cookies, cheese, bread, butter, tea.
<i>Tuesday:</i>	B. Cereal, milk, buttered toast, bread, butter, coffee. D. Fried eggs, potatoes, fresh vegetable, bread, butter, rice pudding, tea. S. Cold meat, fried potatoes, split rolls, butter, tea.
<i>Wednesday:</i>	B. Cereal, milk, wheat gems, butter, coffee. D. Beefsteak, potatoes, vegetable, bread, butter, tea. S. Cold meat, fried potatoes, warm biscuit, syrup, butter, tea.
<i>Thursday:</i>	B. Cereal, milk, bread, butter, buttered toast, coffee. D. Roast beef, gravy, potatoes, vegetable, bread, butter, tapioca pudding, tea. S. Cold meat, fried potatoes, bread, butter, spice cake, tea.
<i>Friday:</i>	B. Cereal, milk, bread, butter, doughnuts, coffee. D. Fried fish, gravy, potatoes, vegetable, bread, butter, cocoanut pie, tea. S. Creamed codfish, baked potatoes, raised biscuit, butter, tea.
<i>Saturday:</i>	B. Cereal, milk, bread, butter, buttered toast, coffee. D. Fricassee of beef, potatoes, vegetable, bread, butter, boiled rice, tea. S. Cold meat, fried potatoes, macaroni and cheese, bread, butter, cake, tea.
<i>Sunday:</i>	B. Oat-flake, milk, bread, butter, doughnuts, coffee. D. Roast beef, gravy, potatoes, vegetable, bread, butter, chocolate pie, tea. S. Cooked eggs, creamed potatoes, cake, sauce, tea.

There is no reason to believe that the presence of insanity makes any great or peculiar demand on the part of the body for food that is not paralleled in persons of sound mind. Expressed in another way, they require nourishment in proportion to their physical activity. The opinion has been held that in the insane there is an increased oxidation due to mental activity which requires a corresponding increase in nutriment. My experience is opposed to this view. It is true that in the acute forms of mania there is a very great increase in oxidation and the patients lose weight as a rule even though the diet be increased. But in this class the mental activity finds expression in unrestrained movements which in my judgment is the real cause of the increased physiological demand. They are to be compared to soldiers kept on the march 18 to 20 hours a day. In states of depression and retardation on the contrary, there is a diminution of physical activity, the patients may retain their weight on a comparatively small amount of nutriment. In such cases the appetite is diminished and the patients must be urged to eat.

The majority of inmates of hospitals for the insane are cases of dementia of the senile and praecox types. These, as a rule, show very greatly reduced activity, they cannot be interested in anything but sit idly in the wards all day, rarely moving from their places unless required to do so. Many of the young and middle aged praecox patients increase markedly in weight, due, I have always thought to their inactive lives and want of judgment in partaking of food. That many of them eat far more than is good for them cannot be doubted but the humanitarian feeling which pervades our institution is averse to sending anyone away hungry from the table, but in exceptional cases where the appetite is clearly abnormal it is necessary to place a limit of food even of bread served to such an one.

The senile patients, comprising from 20 to 25 per cent of the population, require a rather simple diet. Many of them have poor teeth or none at all, and their food must be finely divided or else be of such consistency as to require little mastication. To this class we give less meat and an increased amount of milk, cereals and vegetables.

Perhaps a few remarks upon the subject of the cost of food will be of interest. It is at this point that the value of a large and well managed farm is shown. The farm charged with its expenses and credited with its products at a price fixed from time to time by the State Agricultural Department showed a net profit of \$21,590 for the last fiscal year. How-

ever, this profit is only a matter of book-keeping. The hospital pays all the expenses of the farm out of its maintenance account and receives all the benefit accruing to it from farm products. If the book-keeping showed that the farm sold to the hospital at the actual cost of production the several products instead of being listed at a fair market value, would be much below that. I am able to show in that way but two items since our books are not kept in a way that will readily show it, but I can state that milk actually costs in dollars and cents less than \$.02 per quart and pork \$.053 per lb.

The average purchase price of some other staple articles which are not produced upon the farm are as follows (these figures being for the year ending September 30, 1914):

Fresh meat average.....	\$0.116
Wheat flour of the grade known as "straight".....	3.94
Butter, per pound.....	0.289
Eggs, per dozen.....	0.203
Sugar, per hundred weight.....	4.26
Tea, per pound.....	0.134
Coffee, per pound.....	0.152

The net cost of food excluding the expenses of its preparation and service is about 18 cents per day per capita, which includes supplies furnished to officers and employees. The cost of maintaining a patient in the institution during the fiscal year ending September 30, 1914 was \$209.229 per capita, or \$4.02 per week.

#### *Disbursements 1913-1914*

##### *Maintenance*

1. Salaries.....	\$23,760.52	
2. Wages.....	167,100.33	
3. Provisions.....	107,439.42	
4. General supplies.....	7,360.69	
5. Farm and garden.....	16,433.82	
6. Clothing.....	11,942.21	
7. Furniture and furnishings.....	8,225.88	
8. Transportation of patients.....	2,791.94	
9. Fuel and light.....	51,131.57	
10. Ordinary repairs and shops.....	6,024.49	
11. Medical supplies.....	1,851.77	
12. Miscellaneous.....	19,907.38	
Commutations and maintenance.....	4,222.55	
13. Lawns, roads and grounds.....	729.25	\$428,921.62
<hr/>		
The average number of patients resident during the year.....	2050	
The annual per capita cost.....	\$209.229	
The weekly per capita cost.....	4.02	

## THE UNITED STATES ARMY RATION

STUART C. GODFREY

*Captain, Corps of Engineers*

This paper on the Army ration has been prepared by the author, not with any claim to expert knowledge of the subject. But every Army officer must know a little about a great many things; he must be prepared to become at any time an "expert by order," so to speak. Thus in 1912, while stationed at Fort Leavenworth with engineer troops, I found myself unexpectedly in charge of the post commissary which handled the main food supply for some 4000 people. Fortunately there was a good commissary sergeant at Leavenworth; and so during my month's incumbency the post continued to be adequately fed.

"A ration (Army Regulations, Par. 1202) is the allowance for the subsistence of one person for one day." It is interesting to glance at the evolution of the ration during a century. As authorized by Congress in 1798, it was composed of:

Beef.....	1½ pounds
Bread or flour.....	18 ounces
Salt.....	0.04 pounds
Vinegar.....	0.04 quarts
Soap.....	0.04 pounds
Candles.....	0.12 pounds

In addition to the above, liquor was issued at certain times. This liquor component was replaced in 1834 by one of coffee and sugar, but up to 1878 the issue of a gill of whiskey was authorized for men undergoing excessive fatigue. In the meantime the allowance of flour, sugar, and coffee had been increased, while potatoes, tea, and pepper had been added to the ration. Still later additions included fresh vegetables, dried fruits, butter and sirup; while many substitutive articles were authorized for issue under certain conditions. Moreover, instead of the single ration which up to 1878 did duty for all purposes, other rations were authorized for various needs, as described in detail below. The American soldier today is undoubtedly the most liberally fed of any of the armies of the world.

(1) The *garrison ration*, intended for troops in garrison and maneuver camps, is made up as follows. (Substitutive articles in parenthesis.)



Beef.....	20.0	ounces	(Mutton, 20; bacon, 12; canned meat, 16; fish, 14-18; turkey, 16, etc.)
Flour.....	18.0	ounces	(Soft bread, 18; hard bread, 16; corn meal, 20)
Baking powder.....	0.08	ounces	
Beans.....	2.4	ounces	(Rice, 1.6; hominy 1.6)
Potatoes.....	20.0	ounces	(Onions, tomatoes, other fresh vegetables)
Prunes.....	1.28	ounces	(Dried or evaporated apples, peaches, jam)
Coffee.....	1.12	ounces	(Tea)
Sugar.....	3.20	ounces	
Milk, evaporated.....	0.50	ounces	
Vinegar.....	0.16	gill	(Pickles)
Salt.....	0.64	ounces	
Pepper.....	0.04	ounces	
Cinnamon.....	0.014	ounces	(Ginger, etc.)
Lard.....	0.64	ounces	
Butter.....	0.50	ounces	(Oleomargarine)
Sirup.....	0.32	gill	
Flavoring extract.....	0.014	ounces	

(2) The *travel ration*, for troops travelling without cooking facilities includes:

Soft bread.....	18.00	ounces	(Hard bread, 16)
Corned beef.....	12.00	ounces	(Corned beef hash, 12)
Baked beans.....	4.00	ounces	
Canned tomatoes.....	8.00	ounces	
Jam.....	1.40	ounces	
Coffee.....	1.12	ounces	
Sugar.....	2.40	ounces	
Milk, evaporated.....	0.50	ounces	

(3) The *reserve ration*, carried in the field by every man, constitutes the reserve for field service and comprises;

Bacon (or canned meat).....	12.0	ounces
Hard bread.....	16.0	ounces
Coffee.....	1.12	ounces
Sugar.....	2.4	ounces
Salt.....	0.16	ounces

(4) The *Filipino ration*, for Philippine scouts, reduces the allowance of meat and flour, and makes rice a staple.

(5) The *field ration* consists of whatever may be prescribed by a commanding officer in the field, depending entirely upon circumstances.

Finally, (6) the *emergency ration* is furnished, in addition to the regular supply, put up in hermetically sealed cans which it is permitted to open only in extremity. The present ration consists of three cakes of

chocolate, with which has been mixed some sugar, malted milk, and egg. Its weight is 8 oz. and its fuel value about 1300 calories.

*Handling of the ration.* What was formerly the Subsistence Department of the Army has now been included with the other supply branches under the Quartermaster Corps. On each post is maintained a commissary, at which articles of the ration and other staple supplies are sold at cost to organizations and to individual officers, enlisted men, and employees. The commissary at Leavenworth, with its store and bakery, employed three sergeants and twenty helpers, and handled a business of \$30,000 a month. Up to 1910 each organization drew from the commissary in kind the articles of the ration to which its numbers entitled it; but since then the issues have been made entirely on a cash basis. Each month the cost of the ration and its components is figured, for local prices, and a schedule of prices issued to govern during the next month at that particular post. Each company submits its ration return, usually for a ten-day period, showing its estimated strength; and purchases from the commissary such articles of the ration as are desired. At the end of the month the unused balance to the company's credit is paid to the company commander; such ration savings, however, "shall be used solely for the purchase of articles of food" (Army Regulations). This permits of the purchase of substitutive articles of food elsewhere, and results in a greater variety and flexibility in the daily menu.

The above is the normal procedure for a garrison; in the field the food question is necessarily dependent upon the exigencies of local supplies, transportation facilities, etc. The ration savings privilege is then suspended, and rations issued in kind. The Field Service Regulations prescribe that in a campaign each man shall carry on his person 2 reserve rations (wt. about 2 lbs. apiece) which are to be used only in case of emergency, such as separation from the trains. On the field trains which accompany the troops are carried one day's reserve ration per man and two days' field rations, which form the normal supply and are more varied in character. On the supply trains, which form the connecting link between distributing points and field trains, are carried 2 field rations per man.

*Company organization.* Each company in the Army has its own mess, for which the company commander is primarily responsible. The latter must make daily inspections of the mess, and naturally devotes much attention to this important question of company administration.

It is the mess sergeant, however, who is directly responsible for the welfare of the mess. It is his duty to buy the food, to plan the meals, to supervise the cooks and assistants, and to submit to the captain a daily statement showing the financial status of the mess. The system of ration savings has of course given him a greatly increased responsibility in buying and planning. For the normal company of about 65 men there are provided two cooks, and three helpers and waiters. The cooks are authorized to receive extra pay from company's funds; the waiters are detailed from the privates of the company by roster. The duties of all the above are prescribed in considerable detail in the Manual for Army Cooks.

*Equipment.* In the garrison kitchens and dining rooms, there is nothing that calls for special comment here. In the field, however, conditions require special expedients. All kitchen equipment is carried on the company wagon. The old Buzzacott ovens formerly issued have been replaced by a field range that is scarcely more than a low flat box with a chimney, designed to be set with one end over an excavated fireplace,—the whole very compact but hardly as satisfactory as the type previously issued. Nested pots, pans, boilers, etc., accompany the range. At each camping place the company kitchen is established, under a tent fly; and at mess call the men file by and draw their portions in their mess kits. These kits are practically little individual frying pans and every soldier is trained to use them as such, though individual cooking is the exception and not the rule. Field bakeries are established to supply fresh bread. Fresh meat is purchased or shipped forward whenever practicable. Our Army has experimented with, but has not adopted any standard type of travelling kitchen—which the Germans use so successfully to accompany their units on the march, and to furnish a hot dish and a hot drink to the troops en route. Experiments have also been conducted with fireless cookers, and directions for their construction and use are included in the above manual.

*Menus.* The following general plan for meals is based upon the experience of the School for Cooks and Bakers at Fort Riley (a school that receives men from all over the Army for a training course of several months, and then sends them back to leaven the Army with the knowledge thus acquired).

*Breakfast*

Fruit or a breakfast food  
 Meat in some form with a vegetable  
 Hot bread with butter, or batter cakes and syrup  
 Bread and coffee.

*Dinner*

Soup  
 Meat, roasted, boiled, or fried; or fish  
 Two vegetables  
 A vegetable or pickle salad (frequently)  
 Dessert  
 Bread and coffee, or tea, or chocolate

*Supper*

Meat or fish in some form  
 One vegetable  
 Hot rolls and stewed fruit, or jam  
 Bread and coffee, or tea, or chocolate

The following menus may be taken as a fair sample for a day, in garrison (costs appended).

(For 50 men—cost of ration, 23 cents)

*Breakfast*

Fried cornmeal mush and syrup .....	\$0.76
Beef fritters and sauce .....	0.96
Boiled potatoes .....	0.17
Bread .....	0.32
Coffee .....	0.42
Total .....	2.63

*Dinner*

Bean soup .....	0.38
Baked halibut .....	3.75
Creamed potatoes .....	0.33
Stewed onions .....	0.19
Cottage pudding .....	0.57
Bread and coffee with milk .....	0.74
Total .....	5.96

*Supper*

Hamburg steak and gravy .....	1.12
Fried potatoes .....	0.26
Fried onions .....	0.28
Tea buns and butter .....	0.42
Tea .....	0.17
Total .....	2.25
Total for day .....	10.84
Credit for 50 men at 23 cents .....	11.50
Unexpended balance .....	0.66



To make the garrison ration fit the varied requirements of such a menu is a task requiring no little ability. A well managed mess will not spend for flour more than one-half its allowance for this article, the balance going to the other necessary ingredients with which to make rolls, coffee cakes, desserts, etc., and to purchase cereals, which are not included in the ration. Fully two-fifths of the meat ration can be saved, in order to vary the monotony of a beef diet by providing sausage, liver, fish, chicken, eggs, macaroni and cheese, etc. Similarly the potato component is supplemented by other vegetables; dried fruit replaced by fresh fruit in season; coffee money spent for cocoa or tea, which is becoming increasingly popular. Where luxuries are provided, it is because unusual economy has been exercised and good judgment used in purchasing.

In the field the meals are generally somewhat simpler; and supper becomes the heavy meal, the midday meal consisting usually of a quickly prepared lunch. The following is typical: (quantities are appended for a mess of 50 men).

#### *Breakfast*

Fried bacon.....	14 pounds
Lyonnais potatoes.....	Potatoes, 20 pounds; onions, 5 pounds.
Bread and sugar syrup.....	Soft bread, 20; sugar, 9
Coffee (6 gallons).....	Coffee, 30 ounces; sugar, 1½ pounds; milk, 1 can

#### *Dinner*

Cold canned corn beef.....	10 2-pound cans
Bread and pickles.....	Bread, 20 pounds; pickles, 1 quart

#### *Supper*

Tomato soup (6 gallons).....	Tomatoes, 4 cans; beef bones
Hard bread.....	10 pounds
Roast beef and browned potatoes.....	Beef, 25 lbs.; potatoes, 30; onions, 2; flour, 1
Steamed rice with sugar.....	Rice, 4 pounds; sugar, 4
Hot tea (6 gallons).....	Tea, 3 ounces; sugar, 1½ pounds.
Bread.....	Soft bread, 15 pounds

*Costs.* The cost of the garrison ration, under normal conditions, averages about 23 cents. At West Point for the month of May, 1915, it was 23.62 cents. Commutation for rations is allowed under special circumstances, as for soldiers travelling alone or on furlough, in amounts varying from 25 cents to \$1.50 per day. When, in 1912, I accompanied a detachment of engineers to Fort Sill to map that reservation, our duties required us to mess in small isolated camps, and we were allowed the generous and unusual amount of 75 cents per day for subsistence.

While it may seem impracticable to feed a soldier well on 23 cents a day, if to this sum be added, for purposes of comparison, a reasonable amount for retailing of food, transportation, wages for cooks and assistants, rent, heat, light, profit, it is seen that the soldier's mess is comparable to a restaurant where the charges are nearer 75 cents a day. Moreover, the mess is usually still further augmented by an allowance from the "Company fund"—a sum which each company is allowed to accumulate from such sources of income as the proceeds from its billiard tables, a percentage of the company barber's earnings, etc. This fund can be used to increase the pleasure and comfort of the men—which there is no more effective way of doing than through the company mess.

Here should be mentioned too the gardens which companies in garrison often maintain, and which are of great assistance in improving the quality of the mess.

*Results.* On the whole, it can be safely said that the enlisted man is well fed. The food is wholesome, generally well cooked, and abundant in quantity. (The fuel value of the garrison ration is something over 5000 calories.) A troop of boy scouts, on two successive visits to West Point, has messed at one of the detachment messes for several days, with satisfaction and contentment. I won't say that the soldier is always satisfied—what man never grumbles at his food? I once overheard one enlisted man say to another, "Nothin' but cornflakes and coffee for breakfast this mornin'—and I sneezed—and then there was nothin' but coffee!" The words that have been set to the music of "Mess Call" are also somewhat well known:

Soupy, soupy, soupy—with just a single bean;  
Porky, porky, porky—without a streak of lean;  
Coffee, coffee, coffee—the weakest ever seen.

For all that, Uncle Sam's fighting man answers this same mess call with much zest, and thrives on his Army "slum."

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Manual for Army Cooks.

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## HOW THE SOLDIERS OF EUROPE ARE FED

MRS. MELVIL DEWEY

The enormous task of feeding armies has been most carefully worked out in every detail. Some one has said: "The army travels upon its stomach." Soldier's rations must not only be adequate in amounts but must be carefully balanced, for the quality of the fight depends largely on the quality and quantity of the food. Supply trains carry traveling kitchens, field bakeries, and fireless cookers which are built into the carts. They are loaded up in the morning, at noon they halt and a supply of hot coffee, soup or stew is ready to supplement the bread which the men carry in their haversacks. Fresh bread is given occasionally to relieve the monotony of hard tack. So large a working force and so many guards are required that this total service of the rear, as it is called, uses over 20 per cent of the men called into service. Old men are largely chosen for these duties so that the pick of the fighting strength stays with the fighting line. Every effort is made to supplement the diet by fresh meat and vegetables levied or bought in the immediate vicinity of the troops. This living off the country is carried much farther in Europe than in British and American practice. In home territory or friendly country, supplies are paid for at once; in hostile districts they are taken without payment.

It is claimed that the Turks were the first to make a fixed allowance per capita in feeding their army. France boasts that her soldiers are the best fed of all; but the Russian is undoubtedly the most liberally fed of any of the armies of the world. Germany first worked out a scientifically balanced ration and has long held that she was supreme in this field, but England says:

It was probably one of the severest blows to German military pride to learn that in the art of provisioning an army they could teach nothing to the British, and that the completeness and efficiency of the German commissariat system was far excelled by that which helped the little British army to delay, and, finally, in common with its allies, to thwart the threatened seizure of Paris, and which kept our men at the highest pitch of efficiency when they were barring the way to Calais. While in the early months of the war there was a lack of men and shortage of munitions, food was always good and plentiful. The German army in its rapid march on Paris in the autumn of 1914, hopelessly out-distanced its provision trains so that sections of the army were near starvation. (See London Times History of the War, Part 47, vol. 4, July 13, 1915.)

The staple items of the ration must stand heat and storage without serious loss in nutriment and flavor. In all nations these consist of about the same articles, fresh or salt meat, hard or fresh bread, rice and peas with small portions of sugar, salt, and coffee, varying in proportions according to national differences in custom which always play a powerful part in dietetic matters. A comparative table of rations is added, so far as figures could be obtained. Those in brackets are substitutes and are not included in footing of figures. American and British nations are estimated in pounds and ounces but for convenient comparison these have been translated into grams, 1 ounce being equal to 28.35 grams.

*Army rations compared*

	BRITISH	BELGIAN	FRENCH	RUSSIAN	GERMAN	AUSTRIAN	U. S. ARMY	U. S. NAVY
Bread or.....	567	750	750	820	700	400	510	567
Biscuit.....			(600)		(550)	compressed bread	(453)	(453)
Butter or fat.....		20	35					56
Meat								
Fresh or.....	567	250	375	400+	350		340	793
Tinned or.....			(500 with bone)		(250)			(453)
Bacon.....	(113)	10			charcuterie or chopped		(340)	(567)
Beans								
Dry or.....			30	140				
Baked.....							113	
Vegetables								
Fresh.....			(30)					
Tinned.....								
Dry.....			100		(245)			
Desiccated.....	57				or			
Potatoes.....		1000			1500		227	85
Tomatoes.....								
Coffee.....	14	24	28		26	20	32	56
Tea.....	(10)		(4)					(14)
Salt.....		30	20	35	20	25		12
Sugar.....	85		35		30	25	58	113
Oatmeal.....				205				
Rice.....			40					
Cheese.....	85							
Jam.....	113						29	
Fruit, dried.....								
Milk, condensed.....	28						14	28
Flour (farina).....				17				
Meat-veg. conserve....						200		
Total grams.....	1514	2084	1413	1617	2626	670	1348	2050
Total calories.....	3292		3340	4929	3147	2620		



## COST AND METHODS OF FEEDING COLLEGE STUDENTS

EMMA BAKER

*Teachers College, New York City*

Including the 52 employees, 500 is the total average number fed at Whittier Hall, Teachers College dormitory for women. Of the \$4.25 per week, or  $60\frac{5}{7}$  cents per capita per day we are allowed 42 cents for foods alone. The present averages are: foods  $41\frac{1}{2}$  cents; wages, including salaries, 11 cents; laundry 2 cents; the balance  $6\frac{3}{4}$  cents going toward the overhead expenses which are now charged to "Buildings and Grounds." The division of foodstuffs is as follows:

	AMOUNT	COST IN CENTS
Meats, fish and poultry.....	12 ounces	$12\frac{1}{2}$
Eggs.....	$1\frac{1}{2}$	$2\frac{1}{4}$
Milk.....	$1\frac{1}{2}$ pint	5
Cream.....	3 T.	3
Butter.....	2 ounces	$3\frac{3}{4}$
Fresh fruits and vegetables.....		5
Groceries, including canned goods.....		10
		$41\frac{1}{2}$

We have no farm, but we have a fair-sized storeroom in charge of an assistant who places the daily orders and supervises the work in the kitchen and bakeshop.

The selection of tradespeople, the ordering of groceries, and the making of menus are among the duties of the director of dining rooms.

The wages paid our waitresses are not large, but their hours are short (seven). We prefer to employ the inexperienced girl, since she has not been the round of the cheap hotels and restaurants. The girls are given their room, board, three weeks vacation with pay, and two without pay, during the year; with every care in illness.

Our napkins are changed three times, the cloths twice, each week; oftener when necessary. The allowance per capita is three pieces, one in use, one in the laundry, one on the shelves. We carry six months supply in stock, since it takes that length of time to have an order filled, where seal or monogram, are woven into the linen. An order will not be accepted for less than 100 dozen napkins or 100 cloths.

It is only fair to state that Whittier Hall is not a typical college dormitory, but one quite unique.

The average college dining-room, like that of the preparatory school, is educational usually. In such dining-rooms, the members of the faculty preside at tables, a straight menu and family style of service are in vogue, all coming to table at certain specified hours. This is much more formal than is the case at Whittier Hall. With one-third of our family graduate students, or older women of practical experience, with fixed habits, of all ages and nationalities, we find it more satisfactory to combine the table d'hôte menu with the à la carte bill of fare, to extend the period of service, which is individual, to one and a half hours, making a more movable feast. Since classes are continuous throughout almost every hour of the day and evening, it would be inconvenient for all to meet at the same time, and the serving and waiting would be most difficult with the large numbers, 450. This tends to less restraint and to greater independence on the part of students.

Another difference is that the dining-room management is entirely separate from the housekeeping side.

In the making of menus, however, every institution becomes an individual problem. Tuition or income, season, locality or distance from markets, sex, age, activities, custom or previous manner of living—all should be taken into consideration. The nutritive value must not be lost sight of. Girls, especially, are prone to cut down fat which fault we try to correct by the liberal use of oils, mainly in salads. We attempt to furnish the much-needed mineral matter largely by the use of plenty of fresh fruits and vegetables. Our rations are balanced by the day rather than by the meal, the latter method tending to monotony.

Quality and variety are our watchwords. Quality must always be associated with cost, but we never sacrifice the former to the latter. In meats, we believe it better to buy a No. 2 cut of a No. I grade, in preference to a No. 1 cut of a No. II grade.

In fruits and vegetables, we buy good but not fancy grades. Fancy, small-sized vegetables are immature and lacking in nutritive value. Fancy, large-sized fruits are less well flavored, and too much is paid for air space. A plea should be made for the winter vegetables, so often neglected, which are less expensive than canned goods, and have proved acceptable to Whittier Hall students.

These interspersed with the dried vegetables and tinned tomatoes, peas, beans, and corn, give a splendid variety. Things used out-of-season we fail to appreciate when at their best, in season, and when least expensive.

When possible to secure good, fresh fish, we believe it wise to serve it at least three times a week, once at each of the three meals. In this way, we are able to furnish a varied form of protein.

About every third day, we serve either steaks, chops, poultry, or lobster (the last when seasonable and reasonable).

When lamb, veal, or pork is used with chicken, in made dishes, it is only honest to say so, since many have decided preferences and objections to veal and pork, especially. When veal or pork is served there is always an alternate of cold beef.

Milk, hot or cold, with toast, or lettuce may be substituted for the meat dish.

When lettuce is high and for variety in salad making, romaine, escarole, chicory, or cress is substituted.

With the numerous forms of wheat, oats, corn, and rice available, it seems inexcusable to confine ourselves to a limited variety of cereals. If the family is small, a combination cereal, made up of several kinds, furnishes that which has made for the strength of the different nations. Such combinations can be found on the market.

Good bread, good butter, clean milk, and good coffee are worthy of especial consideration.

The making of menus is not a simple task. It takes the greater part of a day to plan a week's rations. It is easy to arrange for an attractive meal wholly lacking in nutritive value, as well as to serve an equally attractive one which is difficult for the digestive apparatus to care for properly.

We never like to have it known what the day is to bring forth. A deadly routine is inexcusable in this day of possibility and ingenuity. We mean to avoid repetitions in kind and in method of cooking during the same day; to avoid colors which clash, in the same meal.

Where a printed menu or bill of fare is used, one can vary the name for the same thing, as: potato soup, potato puree, cream of potato.

In planning menus, it is well to have at hand a list of meats, fish, seasonable fruits and vegetables, cereals, varieties of rolls, luncheon and breakfast dishes, and to begin with the meats and fish for dinner. The vegetables are considered in their relation to the meat course to and the luncheon. Soups and desserts are planned to make up for lack of essentials in the rest of the meal.

We draw from every available source for new ideas. The classes often contribute to the cause, each student in food administration, being



required as a part of her work, to hand in a tried and practical recipe for a meat substitute and a dessert which she has not seen served at Whittier Hall.

At breakfast we have a bill-of-fare with its

Choice of fruits—one seasonable (orange, grapefruit, canteloupe, berries), bananas, or stewed fruit; choice of cereals cooked (one) or dry (one); choice of meat or fish, usually, or eggs, in various forms, always; choice of rolls or muffins or toast; choice of milk, tea, cocoa, coffee.

About one-fourth the day's allowance is spent for breakfast.

Luncheon is often a hurried meal, and so should be easily and quickly served, but satisfying. Upon it we also spend one-fourth the day's allowance. Made-overs, meat substitutes, with salads (invariably a salad) form the basis of this meal. Many times fruit is the dessert, but always fruit for an alternate if a made dessert.

Breakfast and luncheon take care of left-overs and made-overs, with the idea kept in mind that meat is to be served but twice each day, at breakfast and dinner, or at luncheon and dinner.

Dinner is usually the most formal meal, served at the end of the day when there is most leisure and time for sociability. Upon this, we spend fully one-half the day's allowance. At Whittier Hall the menu consists of:

Soup (stock, preferably); choice of meat, or fish; potatoes and 2 vegetables (1 starchy, 1 salad or watery); made dessert or fruit (for an alternate); choice of milk, cocoa, tea, coffee.

This meal is made up, wholly, of new material.

Our grocery orders are placed once in two weeks; meat orders, twice each week; fruits, vegetables, fish, milk and cream, daily.

The fewer the orders, the fewer the deliveries, interruptions, and bills, all of which take time and lengthen the red tape, since every bill must go through several hands before it is paid. We consider it an offence to run out of staples. When such accidents do occur, we substitute something in stock. We take just pride in the fact that, with an average expenditure of over \$7000 a month, our emergency grocery bill is about \$3.50 a month.

By spending a little less in the fall, when the students have good appetites, we are enabled to be a bit more extravagant in the spring, when they are tired and appetites are capricious.



One cent per capita, per meal, means a difference of over \$5000 in our yearly budget.

The impression is prevalent that the cost of living has been higher during the past year. This has not been our experience. While some of the staples—flour, sugar, cereals, have been higher, fruits and vegetables have been better, more plentiful, and more reasonable than a year ago. Meats have cost us no more. By paying cash, we are able to buy to good advantage, dealers being willing to sell on a smaller margin.

The operation of the cafeteria lunch-room, in the Horace Mann school, in connection with the Whittier Hall Dining Rooms has been a helpful and a profitable combination.

In all positions held, where I have been responsible for the health of a large number of people, it has been my custom to keep in touch with expert chemists, the board of health, government inspectors, and physicians. The advice and coöperation of higher and better authorities have been infinitely helpful and encouraging. Upon my work, good or bad, depends to a degree, that of physician and nurse. Coöperation is, therefore, advantageous to all.

Regarding methods taken to prevent waste, eternal vigilance is the price paid.

The buying, storage, distribution, preparation, cooking, and serving of foodstuffs are a series of events, each closely related to and dependent upon the others. Constant supervision of the garbage is illuminating. Bread is sorted after each meal, for that which may be used again for toast or for crumbing; the rest is sold. Butter is washed and used for cooking. Odds and ends of fruits and vegetables are saved for salads and desserts. Nothing which can be used, legitimately, is wasted. Anything that has been served on the individual plate never appears, in any form, a second time. Fat which we cannot use and bones are sold; all barrels and crates are sold; "empties" are returned for credit.

Our meal system and form of service we inherited and have not changed; but we have installed machinery, thereby saving the wages of one man, plus room and board. In two years the machinery has paid for itself.

We have inaugurated close supervision throughout every department, and have worked for the welfare of our employees. By these methods, we have obtained greater efficiency and greater loyalty on their part.

It is an interesting fact that in over a year there has been but one change in our kitchen and pantry or serving room staff of twenty. No increase in wages has been asked or given. So far as we know, there will be no change at the opening of the new school year in July.

With an average of about 2500 calories per person, per day, with 10 to 12 per cent of the total number of calories in the form of protein, we are positive that our students are well-nourished. While some, doubtless, eat too much, and some too little, where given so many opportunities for choice, the average is about what it should be. Since the student may have a second portion of anything or everything on the menu with the exception of fresh fruits and desserts, we cannot control the amount eaten. Also the employees' rations increase the average number of calories. The amount of food returned on the plates, while not large, counts for something.

While we cannot cater to the individual, we do try to please and to satisfy, as far as possible. "What is one man's meat is another man's poison." Safety lies in variety. While it is impossible to please any of the people all of the time, it is possible to please all of the people some of the time, and most of the people most of the time.

## WOMEN'S CLUBS AND INSTITUTIONAL MANAGEMENT PROBLEMS RELATED TO LUNCHROOM SERVICE

MARY SCHENCK WOOLMAN

The scope of the study: two rather unique institutions which have common problems to meet in lunchroom service and club life. A hasty survey, but more information in reports.

1. The Women's City Club, six months in a building for club purposes, the work for the benefit of the members, and the purely business side secondary.

2. The Women's Educational and Industrial Union, 38 years old with work on a business basis. The work of the Union is many sided, social, industrial, and educational. The study is from the lunchrooms only—the series at the Boylston Street Building and the scope of the New England Kitchen.

The Women's City Club of Boston, the first City Club to have its own home. Incorporated December 29, 1913, entered clubhouse, 40 Beacon Street, November 4, 1914. Membership, May 1, 1915, about 4000. Fee, initiation, \$10. Annual dues, \$10.

Purpose. "To establish broad acquaintance among women through their common interest in the promotion of the welfare of the City of Boston and the Commonwealth; to provide a clubhouse where its members can meet informally; and to provide an open forum where leaders in matters of public import and civic interest may be frequently heard." Any woman interested in these things is eligible. Pure democracy is the aim.

Club Home. Beautiful building built in 1818 designed by Bulfinch. Overlooks the historic common. That the setting may be complete we describe the interior and exterior. The entrance doors with the tracery above and at sides and the walled in garden with its royal chestnut tree. The interior with the spiral staircase to the roof, above which the dome shaped skylight, with colored glass and tracery, is seen. The mahogany rail curves gracefully upward over the slim white banisters. The rooms at the front of the house, both down stairs and up, are fine examples of the homes of cultured, wealthy people—solid mahogany, curved doors, carved mantelpieces above open fire places, fluted pilasters between the rooms and cornices with delicate ornamentation. Pictorial wall papers, original chandeliers and brass fixtures, mirrors with elaborate frames and brass cornices. Old hangings of brocade, belonging to the house originally, have been donated and renewals are in the same spirit so the look of the historic has been preserved as far as possible. The original kitchen of the house has been preserved for a club room; it is full of the past with its old built-in oven, its fireplace with crane and kettle and its built-in closets.

The lunchrooms and special rooms are on the second floor, the beautiful, old ones at the front and in a long ell, built the length of the garden. The kitchens and a lunch counter are on the first floor and on the second the serving room and the lunch room, called the trellis room on account of the method of covering the rough walls. The rafters are exposed in this room. The counter on the first floor gives a cheap lunch, as the service is simple; the second floor lunchrooms have more elaborate service and a longer menu. In the latter all meals of the day are served, but at the counter only the lunch for the members. The remainder of the day it is used for serving meals to the employees.



Only a general effort to give a balanced menu. The age of the house is a factor in difficulties of service-extra steps, delayed service, lack of store-rooms, constant cleaning, painting, repairs, and renewals. Dust accumulates and the ell is without cellar. Mice and flies demand a constant warfare. Screening is carefully attended to.

Organization. House committee with house manager who has an assistant. In such an institution the house manager has need of many qualities as well as training. She needs to be a good business woman, a trained administrator of lunchrooms as well as institutions and one whose social experience has been adequate and who is able to meet the many natures among club members with a calming and pleasing influence. The daily account of expenses and of receipts and the trial balance goes to the manager for her instruction as to the conditions. After a club has settled to its regular running condition many of these things can be handed over to other people. Entertainments, public and private, will have to be planned by her at first.

Lunchrooms. Patrons, women of leisure, wealth, business women, teachers, stenographers, and industrial and commercial workers. It is impossible yet to know what attendance to expect. Men's clubs are not representative for they spend more than women. The influence of the weather is very great in the Women's City Club. The food is sold at as low a rate as is possible and yet cover the main expenses. This six months the expenses covered have been: checking system, labor, printing, stationery, books, supplies, laundry of coats, aprons, dresses, etc., ice, gas, food supplies. The proportion of the manager's salary and the lighting and ground rent were not included. The earnings for five months were \$31,085.92. The expenses were \$30,372.04. A surplus, of \$711.88 was the result. The policy of the manager is to buy the best food. The assistant is the purchasing agent. She does not buy by the wholesale except in a few things, for there is no room for storage. She states that much consideration is given the club at the retail stores. Dining rooms are four in number, 200 can be seated at one time; in order to make money twice this number should be present. A la carte service is used, though at dinner or lunch table d'hote is served if desired for 75 cents, dinner, or for 50 cents, lunch. At the beginning a 40 cent dinner was served but as complaints were made had to be discontinued. At the counter the service is a la carte, the food costs about 5 cents less a dish than in the dining rooms. This is not always the case for often the price is the same. The average meal in the dining room is 50 cents, and at the counter 25 cents. Nineteen are



seated at counter. About 100 are served at the counter daily, and about the same in the dining room. The cost of each dish is a little less than in the same rank restaurant of a commercial order. The garden is also used for lunch in good weather, 134 being served at counter and in garden this past week. No tipping but a box is provided for donations which are divided equally.

Employees. Three men, four general cooks and three pastry cooks, including the chef. Waitresses, 16 to 23 as needed. Boys. The hours of the waitresses are eight. Each girl serves 8 places, the time of going and coming being carefully arranged. The middle of the day is the busiest time. The observance of the many employment laws is not required in the Club but is done in most particulars. The men cooks have longer hours than the women. The men are paid more. Waitresses are paid \$8, head waitress, \$12. Meals given to 125 daily. Laundry for collars, cuffs, aprons and trousers and coats in basement.

Receipts. The daily trial balance shows that the profits vary daily from \$30 to \$300. The extra money is being set aside for the expected summer deficit.

Preventing waste. Watching prices, handing out supplies and watching requisitions, planning menus, filing recipes which have proved satisfactory, watching with regularity the waste on plates, saving untouched waste on serving dishes, noting unpopular dishes, portions measured. Garbage is watched; its disposal is not yet satisfactory. A covered building is proposed and an incinerator is under discussion. Galvanized cans are in use.

The Woman's Educational and Industrial Union. Organized 1877. Membership \$1. Subscription membership \$5, life membership \$25.

Work. Educational, social, industrial.

Club features. Lunchroom, restroom, special membership lectures, checking rooms. Number of members 5000.

General features. Laws of employment for women—54 hours per week, no more than 10 in any one day, meals at stated hours, over-hours paid for, toilet accommodations adequate, employment of minors, schedules of employment of each, etc. The Union has many ideals such as minimum wage and all year service. No tipping allowed. No balanced menu and a la carte service. Buildings very old and inadequate causing discomfort and lack of efficiency. Careful consideration of all expenses (in calculating profit from lunchroom)—food, service, fixed charges. The use of a budget has lately begun with some economic effects. The profits from the industrial departments support

the social and educational work. In 1914 these departments netted 64 per cent of the costs, i.e., \$33,409.26. Better quarters would increase profits. Preventing waste: Personal supervision, efficiency of service, specialization in work, grouping of machinery and service tables, time studies, cost accounting, store room accounting, units of measure in serving and carving, watching soiled dish table, and standardized pans. Two years ago the financial office made a special study of efficiency measures to prevent overlapping in purchase in the many departments to further the exchange of surplus stock, to gain early requisitions that similar things could be grouped in buying, in the use of electric light and elevator and telephone. The best step in economy was the appointing of a purchasing agent for all departments, for it tended to economy in buying, the best use of the limited storage, the saving of overlapping purchase, and a big step toward yearly estimates and the annual budget. The Union lunchrooms and food shops feed about 10,000 people every day during about nine months—schools 5000 to 7000, New England Kitchen 700 to 1000, Boylston Street 1000, other lunchrooms and food shops inclusive 1000 or more.

Organization. Director, assistant director, association director, and employees.

Boylston Street lunch. Members and employees in Boylston Street Building. Lunchrooms, three kinds of service with varying costs and attendance.

Boylston Street. For the general public who like things well done. Daily average attendance 299. Nine waitresses, 1 checker, 1 cashier, 1 head waitress.

Member's lunch. The menu is neither so varied nor so expensive as in the Boylston Street and the service and table linen are simpler. Two floors with two connecting rooms on each—a factor in expenses as compared with one room on Boylston Street. Daily average attendance 266. Ten waitresses, 2 cashiers, 2 checkers, 2 head waitresses.

Employees lunch. Two rooms, service and linen reduced to a minimum.

Food sales department. The director of this branch controls a Food Laboratory where cake is made to supply the lunchrooms. This department purchases food outright from 85 or 90 consignors. In 1914 the consignors were paid. The receipts were \$113,597.77 and the profits \$6,219 or 5.5 per cent. Employees 32. A candy kitchen and a catering business are also conducted by this department.

Employees in lunch. 4 cooks, 3 assistants, 29 kitchen helpers,

4 head waitresses, 19 waitresses and 5 cleaners. Each waitress has 8 chairs often filled several times. Wages for waitresses \$9.25 for eight hours and head waitress \$10 for five hours. Meals are given to 29 employees and 37 are not so fed.

Receipts. 1914, \$118,930.76; expenses, \$106,323.15; and profit, \$12,607.61 or 10.6 per cent. Overhead cost 18 cents per capita.

New England Kitchen. Serves students, shoppers, and lodgers of the neighborhood in lunchroom, 500 to 700 daily; School Lunch, 17 high schools, about 7000 daily; Food Salesroom, 275 daily, purchases in small quantities; Cafeterias and tea house, simple and inexpensive menus for clerks and industrial workers in Business Men's Club, Embankment Tea House, and Summer School Lunch at Simmons College. Much of this work has a distinct social service side and only tries to cover expenses to show what can be done. The School Lunch has been able to show that a good menu can be given and varied at a small expense and cover all overhead and other charges. Soup, a hot dish, and ice cream are always served and the cost of a dish ranges from 1 to 5 cents.

The School Lunch has lately been housed in its own building so that it can more readily be taken over by the school board. In this same building the Food Laboratory, already mentioned, is housed, one object of which is to show the producer the real cost of her product (labor, rent, fuel), in order to determine her net profit. Food consignors need to know these facts.

The School Lunch was begun in 1907 and since that much attention has been given to estimates of costs, varying the menu, improving the service and increasing the amount of hot food served; The food is packed and shipped to the different schools daily and the empties are returned at night. No prices have been raised and many have been reduced; an interesting file of recipes has been accumulated showing cost of production and often calorific value.

Employees. Cooks 11, helpers 7, waitresses 8, sales women 3. Wages of waitresses \$6.50, three meals and laundry; head waitress \$12; each waitress serves 8 places.

Receipts. 1914, \$158,562.66. Number fed: lunch, 150,140; school, 233,621; salesroom, 82,981.

Expenses total. \$158,390.50; profit, \$5,272.16.

Future ideals for the use of such clubs in training and service. Practical training for institutional students. (The Union has already begun.) Apprenticeship. Welfare of employees—health, personal training, in-



terest in their lives, mentality, moral qualities, special qualifications and time of entering and leaving service. Card Catalogue. The connection with the high school: Accommodations, secretarial students, home visitors, and assistant workers. Opportunity for training up to higher positions should be provided.

## STANDARD PER CAPITA FOOD COSTS

WILLIAM MORSE COLE

It may be worth while to repeat in summary form some of the principles of per capita costs, for many at this conference have not been here before.

The absolute figures of the cost for any institution are of great importance for the managers, but of little importance for any one else; for unless one knows all the details of operating conditions one cannot make proper allowance for the magnitude of business done. For a comparison of one institution with another, the most valuable figure is the per capita, for this to a certain degree furnishes a standard unit. The gross per capita, however, is only one step in the direction of giving full information; for conditions may be good in one respect and poor in another, so that two institutions with identical per capita figures may be very different in detail; and therefore per capita figures should be much subdivided so as to enable one to compare the work of different departments and different phases of activity.

Four fundamental cautions are necessary for any one who is compiling per capita costs. The first is that one shall not assume that expenditures within any period are identical with operating cost within the period; for expenditures may be in part for future use, whereas expenses, properly so-called, belong entirely to the period under consideration, and indeed may not yet have been paid. As an illustration, if you buy an expensive machine for the kitchen, a large part of that expenditure should be properly distributed over the years of life of the machine, and not counted, except for the year's share, in the per capita costs of the period; and a part of your cost for the period is a share of the ultimate destruction of machines in other periods.

The second caution is that the divisor for determining per capita costs should be the principal residents of the institution, and not merely the



number of people about the place. Additional per capita costs for employees are often desirable; but these are supplementary to the main per capita, which should be for inmates in a public institution, guests in a hotel or club, and students in a school or college.

The third caution is that all costs must be taken into consideration before any final per capita costs are determined; for if any costs are omitted even those who compile them are likely to forget that some costs have been excluded, and they are likely to make comparisons with other per capita costs and not only mislead others but mislead themselves. The costs of an institution are not only food or other materials and labor, but a very large number of items connected with space and housing, such as rent, deterioration of buildings, insurance, often taxes, etc. These, though not always representing cash out of pocket, do always ultimately represent such costs; for they must either have been prepaid or be replaced ultimately by somebody's cash out of pocket.

The fourth caution is that one must not confuse the physical object of an expenditure with the function which it serves. An expense of raw food for a cook is not a guest-raw-food cost, but a guest-service cost, and the expense of caring for the room occupied by a laundress is not a guest housing cost but a laundry cost. Careful subdivision of all classes of expenditure must be constantly made to make sure that the expense incurred shall be attached, in the final per capita cost figures, to the function served by that expenditure in relation to principal residents—of which the main classes are raw food, food preparation, housekeeping service, laundry, and special service—such as medical and nursing service in hospitals.

Very few per capita costs have ever been compiled without the neglect of one or more of these fundamental principles just mentioned; and yet the violation of any one of them nullifies to a great extent the value of the figures for purposes of comparison. Institution managers are in the main actuated by a high spirit of professional coöperation, and are eager not only to get the benefit of the experience of their fellows but to render service to their fellows. One of the best services they can render is to get per capita costs on something approaching a uniform basis which enables them to learn how much better or worse than their fellows they are doing, and why these differences occur. Only closely analyzing costs will disclose the reason for differences.

The figures given at a recent meeting in connection with the raw-food cost of various classes of institutions were interesting, but they failed to do all that might have been done, partly because some of these in-

cluded the food of employees and others the food of principal residents only; so that some were in effect not resident-food costs at all.

The most satisfactory set of figures available for use at this conference are those presented for the Hampton Normal and Agricultural Institute, for which we have for two dining rooms the per capita for three classes of food, for the miscellaneous kitchen and dining room supplies and maintenance (in nine groups of cost), for student labor, and for salaries of superintendents. The only criticism to be made upon these is the failure to subdivide the foods into a larger number of groups. The Committee on Uniform Accounting of this Conference four years ago reported, after careful consideration by those who were interested in food costs both from the point of view of economy and of dietetic value, a minimum number of subdivisions—approximately thirty. Anything less than that will hide either the dietetic value of the food served or else the cost of the food as affected by the attempt to satisfy special tastes and appetites.

The Ontario Agricultural College has reported its food costs in a larger number of classifications than these recommended by the Conference Committee, and the figures are of very great value for comparison with other institutions; for we can see what percentage of expenditure is incurred for various kinds of meat, of vegetables, of fruit, etc. This is possibly more valuable from the point of view of economy than the classification of the Committee, but is less valuable from the dietetic point of view, for things of unlike dietetic value are here combined, and it is impossible to rearrange them in a dietetic classification. The desirable thing is that the schedule recommended by the Committee four years ago shall be used, and that the results be reported to this Conference next year. The larger the number of institutions that follow this schedule, the greater the mutual benefit.

There is an indication of the method of determining per capita costs, and I should like to present some of the calculations made by Prof. Donald English, Professor of Accounting in Cornell University, in connection with the bakery of the cafeteria of the New York State College of Agriculture. He finds that the materials take 61 per cent of the total costs, labor takes 18 per cent, and the burden or overhead charges take 21 per cent. These burden charges he has classified into the following groups: light, power, fuel, laundry, board of bakers, housing of bakers, rent, salary of engineer, taxes, insurance, depreciation, and interest. An interesting illustration of the method in detail is given in the calculation for power. He finds how long, for instance, the bread

mixing machine is in use, what is its power-consumption per hour, and what is the cost per hour, and thereby learns the cost of operating this bread-mixing machine per month. He does the same thing for meat cutters, suction fans, cake machine, etc. The calculation of lighting cost is made in a similar way. The wages of men giving part time to the work of the bakery are divided between their various functions, and the bakery is given its due share. Depreciation of equipment is determined by applying different rates to different classes of machinery, according as they are of long or short life. The cost of service in the cafeteria is determined by a careful calculation showing the wages paid, the wear and tear of equipment, and the number of persons served within a typical period, and the derived figure is a service-cost per capita. The net result gives very detailed figures for the cost of work of all sorts done in the cafeteria, and, though these are not per capita costs in the ordinary sense—since the cafeteria service is, of course, a la carte—they illustrate the method which may be applied equally well to any conditions where similar service is rendered to all.

FUNCTION	HOSPITAL NO. 1				HOSPITAL NO. 2	
	Ward patients		Private patients*		All patients	
	Per patient day	Group total	Per patient day	Group total	Per patient	Group total
Administration.....	\$0.147	\$0.147	\$0.147	\$0.147	\$0.234	\$0.234
Professional care.....		0.909		0.909		0.898
Physicians†.....	0.015		0.015			
Operating room.....					0.154	
Nurses, salaries.....	0.25		0.25		0.115	
Nurses, instruction.....	0.057		0.057		0.025	
Nurses, board.....	0.414		0.414		0.451	
Orderlies, salaries.....	0.011		0.011		0.019	
Orderlies, board.....	0.004		0.004			
Supplies.....	0.158		0.158		0.134	
Living expenses:						
Board.....		0.566		0.566		0.664
Food.....	0.376		0.376		0.377	
Cooking.....	0.190		0.190		0.287	
Laundry.....	0.121	0.121	0.121	0.121	0.058	0.058
Housekeeping.....	0.404	0.404	0.909	0.909	0.559	0.559
Total.....	\$2.147	\$2.147	\$2.652	\$2.652	\$2.413	\$2.413

\* Usually private patients would show a different cost in all groups, but the first; but these were small hospitals and virtually the same food was served to all.

† In the second hospital there was no resident physician. Operating costs were shown separately as an experiment.



As an illustration of a subdivision of per capita costs in which various groups, not more than are likely to be clearly serviceable and not so few as to combine unduly things of unlike nature, I submit two schedules worked out by former students of mine for two hospitals under fairly similar conditions. These figures were obtained by an analysis after the bookkeeping for the year had been completed, and therefore are subject to a few errors of interpretation; but the mere fact that this could be done after the books had been closed indicates sufficiently that the task is not unduly laborious if the books are kept originally with the idea of determining these figures. The interesting fact here is that these hospitals show in many respects figures so nearly alike and in others figures that are rather widely separated. This sort of thing may be done for any kind of institution.

I personally believe that little can be done of more value for the advance of institution management than emphasis for a certain time upon such per capita cost figures, for no one really knows what he is doing until his results have been converted into such units as those suggested by the various illustrations here given.

## HOUSING PROBLEMS OF THE YOUNG WOMEN'S CHRISTIAN ASSOCIATION<sup>1</sup>

BLANCHE GEARY

*Secretary in Charge of Economics, National Board of Young Women's Christian Association,  
New York*

First, the girl most in need of safe housing accommodation is the girl who has just left home and is beginning her wage-earning life. Second, because of the low rate of wages for unskilled labor she has no choice but to take the cheapest available accommodation. Third, the cheapest available accommodation in New York other than that in the institutional category is a share of a furnished room, that being one of the many thousand inside windowless bedrooms still to be found in New York City. Fourth, her next choice would be one of the many thousand inside bedrooms with windows on a hall or an enclosed airshaft; and

<sup>1</sup> Abstract of address given by Miss Geary.



so on, through varying degrees of discomfort and unsanitariness of the hall bedroom such as can be found by the hundred in the brown-stone fronts and flats of New York City. Fifth, in the small cities the least desirable accommodation is again that which the most underpaid girl must be satisfied to take if only for the reason that the majority of housekeepers prefer to rent to men rather than women.

The philanthropic world knows well the problem of life in the unsupervised boarding home, and in the typical hall bedroom in which cold food and paper bags play such a lamentable part. The lack of parlor privileges, of home atmosphere and attention to comfort and well-being are dangers synonymous with the term "hall bedroom." In the institutional world the boarding home of fifty years ago is still with us accommodating a handful of girls heavily overloaded with rules and regulations, and demanding large assistance from contributions. Springing from the desire to modify the drawbacks of the old time provision have come the large boarding home's desires for "home atmosphere" while reducing rules and red tape, and yet understood by girls as charity and ignored by the many in consequence. And there has come the working girls' hotel without an attempt at home life and with the freedom to come and go of a well managed hotel.

The restless experimentation which has been going on for several years shows that the magnitude of the problem of housing working girls is being realized more clearly. The National Young Women's Christian Association in its turn has developed convictions founded upon many years experience all over the country, and it believes that ideal housing accommodation for wage-earning girls, living away from home, is imperatively necessary. Also that this accommodation must be set up on a self-supporting basis, which means that the operation of the house must produce some return on the investment in land and construction. It believes that this is possible on an average charge of \$5 a week for room and board. It believes that the success of the home, socially and economically, depends upon management. It is a matter of common knowledge that the City and Suburban Homes Company with some eight millions of dollars invested and experience of many years in model tenements in New York City is paying its stockholders a substantial dividend on an average rental charge of \$1.25 per room per week, including steam heat, all repairs and overhead charges.

The ideal boarding home of the future must be self-supporting if not profit-making. It should set up standards of action rather than rules

and regulations, and should be the next best place to home that a girl can find in city life anywhere. A private bedroom with a complete set of furniture, plastered clothes closet, steam heat and a good light, social rooms on the main floor in which she can meet her men friends, a home table with home cooking, and self-government as far as it can possibly be developed, are essential characteristics of a modern boarding home, and this home it goes without saying must be mothered by women of ripe experience, warm heart, and sympathetic understanding of girls and their problems.

## NURSES HOME IN BOSTON<sup>1</sup>

MRS. EMILY BEAL

The Beal Nurses Home and Registry had its beginning in a modest suite of rooms in the Palmerston, 406 Massachusetts Avenue, Boston, in 1907. It was necessary to earn a living for myself and little boy three and one-half years of age. That was eight years ago and I wanted something to do in a home. I happened to meet a nurse on the street who had taken care of me and who told me of how nurses were living. I became interested and felt that the housing of nurses offered possibilities.

There was an apartment in the building of which I was one of the trustees, which was vacant, and this I rented. The next step, and a difficult one, was to get in touch with the nurses. I put an advertisement in a paper; one woman answered it. She had been nursing for sixteen years, and lived in various places during those years. She took an unfurnished room and remained with me six years. One other nurse answered the advertisement and she was with me three years.

This method of reaching the nurses I found was not successful. It was necessary to reach the nurses individually, and so I tried another way. I wrote up a little sketch telling just what I had to offer. There were many things I planned for them which they did not have in other places. They were to have the use of a large kitchen to do light house-keeping, washing, and ironing, if they wanted to—a sort of free place

<sup>1</sup> Summary of address given by Mrs. Beal.

where they could do as they pleased. There was one large pantry. The unsatisfactory service from this one common pantry for a number of people was forcibly brought to my attention, and an individual cupboard for each nurse was provided when we erected our new building some years later.

I sent out eleven hundred notices when I had places for eleven nurses. I also interviewed a number of heads of hospitals. These notices brought results and the apartment filled up very quickly. The first of the following month, I took another apartment and that filled rapidly. We had to refuse so many applications the next month, that I prevailed upon the co-trustee of the property to let me have one of the other apartments which was simply rented to a tenant at will. That was all the space I could have until the next spring. The next fall, a year from the time we opened, we refused to renew the lease for four of the apartments and took these for our use. In two years we had the balance of the building; namely 12 apartments, 72 rooms, and 136 nurses.

The registry now became a problem. At first I advised all the nurses to register at the Central Directory. It was not long, having excellent telephone service, before the doctors would telephone in asking whom we could recommend, after asking for several nurses whom they knew. So I was forced to adopt some method of registration for them. For the convenience of some of the doctors I began to register outside nurses as well as those who lived with us, and charged \$5 per year for registration. \$5 is not enough, but we set this price and we have not changed it. I spent a great deal of time and thought in creating a system of keeping records which would be satisfactory.

At the end of the third year, we still had so many people waiting to come to us that I deemed it advisable to take an apartment in the adjoining building, in fact, several apartments. The telephone company installed service directly from our own switchboard into the adjoining building. In this way we were able to give very good service and especially the service at night which is so essential to the nurse. A little later we took four other apartments so that we had 177 members of our household.

It was at this time that my dream of erecting a new building seemed possible. With 177 nurses already with me and many more waiting to come I had no doubt that the building would be filled from the opening day. Our first thought of building an addition to the old building was abandoned as the location was changing.



I started out on the most fascinating work, to look for a location for our new building. Finally, after interviewing real estate men and looking over many desirable lots, we decided on the corner of Charlesgate West and Newbury Street. In selecting this site, we were mindful of two things; First, the refinement of surroundings, and second, the unusual facilities for rapid transit. It is delightfully situated in one of the most beautiful parkways, the Fenway. The building has been painstakingly and especially planned for our needs. Except the offices and suites for the officers and employees, the entire first floor is given over to public use. There are ten reception rooms, including a library, affording abundant opportunity for the entertainment of guests. The dining hall is large, and is planned with the idea of providing ample room for lectures, concerts, small dances, or such other entertainments as may seem desirable. Each of the five floors above have eight suites of three or four rooms, with bath and kitchenette. Every room has two windows, except the corner rooms, which have four. We have provided a great number of single rooms at moderate cost, which has heretofore been impossible. In the basement which is particularly well lighted is a completely equipped laundry for the use of the nurses. The building is equipped with electric lights, electric elevator, continuous hot water, vacuum cleaning plant, steam heat, and has hardwood floors throughout, and particular attention has been given to securing perfect ventilation. From this description it can be readily seen that the facilities offered far surpass anything ever before attempted for the housing of nurses.

Each nurse has a safety deposit box in a fire-proof vault and an individual letter box where she can get her mail without asking a clerk. She also has an individual cupboard in her kitchenette, a closet of her own in her room—all the double rooms have two closets. There are 55 single rooms and 85 double rooms, making accommodations for 225 nurses. We have allowed 12 or 15 business women to creep in and have had applications from hundreds whom we have had to refuse. We never have a vacancy and usually have a waiting list. The prices of rooms vary from \$3.50 to \$4.50 for single rooms and \$3 to \$3.75 for double rooms.

In the basement is a store where supplies for light housekeeping are sold in very small quantities—a cent's worth of milk, three cent's worth of cream, two slices of bread, a roll, etc. Cooking is restricted in the kitchenettes. The cooking of meats and odorous vegetables is pro-



hibited. The kitchenettes all open on air wells and in making this restriction, as well as in making our few rules, we had in mind the welfare and comfort of the greatest number of our members.

At the end of nearly two years in our new building, I am most gratified at the result of my venture. The house is full and we have a long waiting list. This is most encouraging for at this moment, I am hard at work planning another building for the housing of self-maintaining women. It is to be a much larger building, having 270 rooms accommodating over 300 women. It will be a seven story, steel frame, fire-proof construction, 13 or 14 reception rooms, library, and other rooms. In the basement we are planning to have a cafeteria service lunch room to reduce the cost of living and intend to run it on a coöperative basis. This building will fill a long felt need. Establishing proper housing centres for women is a most promising field, and I hope at some of your future conferences to be able to tell you of the great success of my second venture in this direction.

## THE BOSTON STUDENTS' UNION

MRS. KATHARINE OSBORNE

*Director*

The great problem of housing women in large cities is distinctly emphasized in Boston on the student side, when we consider that out of fifty academic and professional schools Simmons College is the only one which cares for its students in an adequate or organized way. With the supposed student population of twenty thousand, the housing problem becomes one of serious importance to those who feel their responsibility to the student population of our great cities. I was told in Munich that Boston was the largest lodging house city in the world. Block after block of rooming houses offer their cold exteriors, with no suggestion of a "home table," such as we find in nearly every foreign city, and many of our own; so the prospective lodger is forced to seek her food in the cheap restaurant, with many deteriorating conditions surrounding her.

It was to meet this menacing condition that a group of thoughtful women in Boston founded the "Boston Students' Union" six years ago with the hope and intention of gathering together in the student quarter the unprotected and inadequately cared for students and offering them protection, inspiration, and the necessities of life under sympathetic and attractive conditions. The experiment has been a success from the first because it met an acute need in a human way.

The Club plant consists of two houses, built for homes, giving at the start the suggestion of home rather than institution. There have been added to these a number of small bedrooms and a large dining room, which have, however, never disturbed the distinctly homelike and personal atmosphere, which has been stamped upon the life of the Club by all most interested.

The Club offers, for a membership fee of one dollar per year, board and room for a limited number at a minimum price, reliable addresses for lodging, the use of the Club House for all personal and social needs, such as callers, teas, and parties and the use of the kitchenette, where a supper may be prepared and served to friends in a parlor, which may be secured in advance; the use of the study, rest room, books, newspapers, and piano; tea free every afternoon from four to five, general information regarding opportunities in Boston; vocational assistance in the procuring of part time work, which was asked for by about one-fifth of the membership last year. Many other opportunities are offered the membership in distinctly personal ways, but one of the most necessary and far-reaching requirements is met by the offer of board by the week or separate meals, served under the most comfortable and attractive conditions at a minimum price. Once the doors were opened and the vital needs of the student met, it was only a matter of operating efficiency and personal qualifications on the part of the administration to gather into this group a growing number of eager students, who were anxious to be shielded from the cheapness of the broad highway, with its hideous discomfort and allurements.

The first year the Club had a membership of 195 and served 43,334 meals in nine months. This year there is a membership of 465 and 201,961 meals were served in nine months. The Students' Union is run entirely for the interests of the student body. It aims to be a clearing house for all requirements, both felt and unrecognized, of the students. It is hoped that here, perhaps, more than in dormitory life, the student by the very force of the freedom to which she is exposed

from without will see more clearly the necessity for higher personal standards, not being a requirement of a curriculum but a demand made by the acknowledgment of dangers without and the deeply felt impetus from within the Club. The Club is not a charity, because it pays its own bills, but, as Miss Arnold says, "We subsidize it, because we give more than the student can ever pay for."

The question of proper lodging being of the first importance, the Club at once turned its attention to the neighboring rooming houses, most available for its members. Later, were gathered together into The Boston Coöperating Room Registry for Students, the rooming house registries in various quarters of the city which formerly worked quite independently and without any very active end in view. The registries of the Woman's Educational and Industrial Union, the Young Women's Christian Association, and the South End House, although not supplying a large number of students' rooms, are now coöperatively associated and make the rooming business more desirable and profitable.

The coöperation of the lodging house owner was first brought about by inviting groups of the women to the Students' Union for tea and the friendly discussion of the neighborhood and the welfare of "the girl away from home." As the appeal had to be entirely personal, it seems most remarkable that we have, in so short a time, five hundred and fifty lodging house women represented, who in greater or less degree are really interested in improving conditions. Meetings are held every two months at which speakers present questions vital to the lodging house problems. Discussions follow and a genial friendliness exists, which is bound to bear fruit in the form of more stringent requirements being laid upon the lodging house keeper. In our own registry, which is only for students, our women are not allowed to take men lodgers, and many similar requirements are asked in a leaflet which we circulate among the students and the lodging house keepers. A community gathered around one university may distinctly regulate its own home keepers, but a great cosmopolitan city, catering to a great floating population will find its problems most difficult to solve when an attempt is made to regulate many social conditions. The long first step has been effectively and firmly taken by the Students' Union in this direction, and now efforts are always being put forth to strengthen old successes and add new ones.

We have in the membership of the Club students from nearly every state in the Union and from four foreign countries, who are students at



thirty-five schools or colleges situated within a fifteen minute walk of the Club. Many of these students come from small New England, far Western, or Southern towns, who believe unfailingly in their own great ability to meet the world with absolutely no knowledge of life in a great city. Many come to us from the station, bag in hand, without the slightest notion where they will eat or sleep or what it will cost. The schools assume no moral responsibility for the students, finding it financially impossible to do so.

We find the schools willing to coöperate with us in many regulations, formerly not required, regarding the conditions under which the students shall live, but there is still a great lack of initiative on the part of the schools. The Club, as you will see, fills that great need for which it was created—to serve the students' need; to keep the standard of living among students high; to fill in as much of the life outside of the class room as possible with the inspiration for better things, always within reach; to guard the girl on all possible sides, and to give her that personal friendliness, which is often the greatest factor in solving the problems of youth.

The Boston Student's Union differs from other Clubs and homes for students in Boston, where a limited number live in residence, in that its membership is generally made up of those living outside the house (there are twenty six in residence) who find in the Club House and equipment the answer to many of their unsolved problems, together with advice and sympathy, which many times the crowded class room and the overworked instructor cannot give.

The Club would like to extend an invitation to you all to visit us when ever it may be possible and let us demonstrate our activities that you may judge of its value.

It has been quite impossible to give more than the barest outline of the scope and accomplishment of this almost unknown activity. Many people in Boston do not know we exist, whereas, in sharp contrast, a girl came to the Club one morning directly from the train, having driven twenty miles to the railroad from a little town in the state of Washington, but some way she had heard all about us before leaving home.

It is, after all, the great human social aspect of the problem of youth which we all have to meet. How well we meet it depends upon our vision and efficiency.



## THE DIETITIAN

FLORA ROSE.

Miss Flora Rose, of Cornell University, who was chairman of a committee on the work of the dietitian, presented the following questionnaire, which was sent out by her committee, and the analysis of returns.

The returns have been summarized in the printed report.

## QUESTIONNAIRE FOR DIETITIANS

This questionnaire, it is hoped, will be a small contribution toward solving the problem of the dietitian in the institutional household.

The immediate purpose is to gain information regarding the teaching duties of hospital dietitians in order (1st) to aid the dietitian by suggesting courses and reference material and (2nd) to work toward standardization of such instruction.

Hospital or Sanitarium: Name. Location.

What is the rank of the dietitian?

What is the preparation of the dietitian? (a) training; (b) experience.

What are the duties of the dietitian beside that of instructing nurses?

Does she purchase food? Does she have supervision in whole or in part of store rooms?

What work has she in the management of dining rooms? State number and kind of dining rooms both as to service and the class of people served, also number of diners.

Management of kitchens: Number and kind.

What responsibility has she regarding: Helpers' diets; House diets; Special diets for patients—State definitely the coöperation desired between dietitian and physician in planning special diets, also whether the dietitian's training is such as to enable her to carry responsibility in this direction. Other duties.

What provision is made for the training of pupil dietitians? (1) Preparation required before acceptance of pupil dietitian; (2) Length of course; (3) Pay, if any; (4) Duties; (5) Remarks.

Instruction of nurses: Length of training course for nurses. Preparation of nurses before entering training school. Prerequisites of course of instruction of dietitian—(a) study, (b) practice.

Course in cookery and dietetics for nurses: Is the work given in one course or in several and, if the latter, in what courses? Number of

lessons. Method of instruction: lectures; recitation; demonstration; individual work, (a) in laboratory, (b) in diet kitchen. Group work.

Length of lesson: theory, practice.

Time of day instruction is given.

Cost to student.

Time of student nurse in diet kitchen.

Duties of student nurse in diet kitchen.

References used (be specific).

Methods of checking up work: assignments for study; notebooks; quizzes (number, kind); State examinations or other examinations.

Suggestions are desired regarding: (1) Subjects which will be of interest to dietitians at the meetings of the American Home Economics Association. (2) Improvements in college course or other means of training dietitians.

The questionnaire was sent to 22 institutions with the following results:

*Rank of dietitian* ranges from assistant to supervisor.

*Preparation* ranges from a few lessons under a dietitian to a four year college course in dietetics and allied subjects.

*Experience* ranges from "none" to twelve years in small and in large institutions.

*Duties.* 7, include purchasing food (all or part); 8, entire or partial supervision of storeroom; 10, have no management of dining room; 8, have management of all dining rooms or of special dining rooms with the persons served ranging from 60 to 400.

As to kitchen management, 1 institution reported "none," and 1 reported "all." Others reported diet kitchen, private kitchen, general kitchen, etc.

*Responsibility.* For helper's diets—11 entire, 7 none. House diets—11 entire, 4 none. Some, for private patients, night nurses, etc. Special diets—2 entire, 0 none; 7 in coöperation with physician; 2 plain diets after caloric value is given, etc.

*Other duties* include inspecting trays, housekeeping, supervising orders, instructing pupils, experimenting, research work, etc.

*Training pupils.* Preparation before acceptance—10 provide no training; others require: 20 lessons, a domestic science course, a course in food study, or graduation from domestic science course at a college or university.

Length of course—4 to 6 lessons to two years.

Pay—"None" to \$8 a month and board, lodging and laundry and care during illness.

Duties—Observation or assistance in most of the duties of the dietitian.

Three have no laboratory preparation. Where laboratory is required it is generally in the diet kitchen or diet school under the direction of the dietitian and usually it is done in groups of from 2 to 10.

The length of the lesson varies from 20 minutes to  $1\frac{1}{2}$  hours for theory, and from 1 to 6 hours daily for practice.

*Instruction.* Length of training course—2 years and 9 months to 3 years.

Prerequisites for nurses' examination are from one year high school to 4 months course in university.

For dietitian: Study—theory, chemistry, dietetics, bacteriology, etc. Practice—one required none, others practical dietetics work in diet kitchen, etc.

Course in cookery given in one to several courses and includes theory and practice in most cases.

Number of lessons 12 to 30.

Methods of instruction—20 have lectures; 16 have recitations, and 15 have demonstrations. In some cases a definite number (from 10 to 24) in other cases parts of regular periods.

Time of day for instruction includes all hours from 7:30 A.M. to 6 P.M.

Cost—from "none" to \$25.

Practice work of student—A few hours to 9 weeks.

Duties—Preparation of diets and meals, all food except ice cream, food for private wards, etc.

References used—Vary from cook books to chemistry of food and nutrition.

*Methods of checking up work.* Most of them have regular assignments of some kind; 14 require notebooks. Quizzes are given during class hours or at stated periods, some oral, some written, and vary from 1 to 24.

Examinations are on theory and practice and are usually at the end of the course. Some are state examinations.

## CONCLUSIONS

ALICE LOOMIS

The most apparent result of this questionnaire is the variety regarding the present preparation, duties, and rank of dietitians. It is easy, but not altogether discriminating, to conclude that consequently the greatest need in this field is the standardizing of dietitians' work in order that their preparation may be better accomplished.

The statement from a woman in one of the larger hospitals that only 1 per cent of pupil dietitians succeed suggests the need of the application of the principles of scientific management to the selection of the right woman for the right place. When one-half of the dietitians do not purchase food and one-fourth have entire charge of this work, when the responsibility regarding dining rooms varies from none to complete charge of all dining rooms, when the variety in the duties regarding general kitchens is equally great; and when even the responsibility regarding special diets varies from the carrying out of standard diets to the prescription of food, it would seem logical to conclude that no one preparation can fit a woman to fulfill the duties in the various places.

Some so-called dietitians' positions require more business training than can possibly be attained in the ordinary college course, others require a knowledge of physiological chemistry which could not possibly be obtained in connection with an executive training, even in a four year course. The course of procedure in training dietitians that would help immediately would seem to be the offering of a good general course in Home Economics with electives allowing advanced work along particular problems in institutional management, as well as pre-medical work. The more discriminating selection of pupil dietitians would also be an economy. With the present varied conditions, it would seem to be necessary for a girl, after the general preparation, to prepare specifically for the position contemplated. One place where immediate improvement can be attained would seem to be in the compiling of a book containing the material which can be taught by dietitians to pupil nurses. As one looks through the long list of references used in this line, one is confronted by a number of books known to be decidedly inaccurate and out of date. It would be an economy of the dietitians' time, as well as a means toward better instruction, should such a book



be compiled. Suggestions for the improvements of college courses which were made by superintendents of nurses and experienced dietitians need no comment.

INFORMATION OBTAINED FROM TWELVE QUESTIONNAIRES SENT OUT TO  
SUPERINTENDENTS OF HOSPITALS, 1914

*Improvements in college courses or other means of training dietitians*

1. Greater opportunities should be given for obtaining practical experience.
  - a. More practical work in cooking and in management of diet kitchen should be given, 6.
  - b. Opportunities for working in a domestic science laboratory and also a diet kitchen, 1.
  - c. Institutional experience, 2.
  - d. Combine theory and practice, 1.
2. Suggestions as to the organization of the dietetics course.
  - a. More emphasis on the aesthetic value of serving, 1.
  - b. Students should be taught the value of time, 1.
  - c. System in planning work should be emphasized, 1.
  - d. More work on the relation of diet to various diseases, 2.
  - e. Knowledge of domestic service and servants, 1.
  - f. A good text book should be used, 1.
3. Suggestions for courses.
  - a. A course for supervisors of public institutions, 1.
  - b. Series of lectures on diet work for undergraduate nurses, 1.
  - c. Training of dietitians for position where they might feed 20 or 4000, 1.
4. Coöperation.
  - a. Between colleges and hospitals so as to admit students for special post-graduate work, 1.
5. Other subjects that should be included in the training of a dietitian.
  - a. A knowledge of medicine and nursing, 2.
  - b. Institutional economics, 1.
  - c. Considerable physiology and a knowledge of the causes of disease, 1.

*Suggestions of interest to dietitians that might be discussed at annual meeting of American Home Economics Association*

Advantages of a course for pupil dietitians.

Demand for uniform position for dietitians and uniform treatment in hospitals. Dietitians' League.

Work done in hospital diet kitchens.

Food boxes used to send out diets.

Is it better to deliver diets on food trucks or to have each ward send to diet kitchen?

Methods of handling "weighed diets," of delivering and checking amount actually eaten.

Waste food.

Combining the duties of supervising a nurses' home with those of instruction in dietetics and supervision of diets in the hospital.

## STATUS OF DIETITIANS: PAST AND PRESENT<sup>1</sup>

LULU GRAVES

*Cleveland, Ohio*

The dietitian who keeps abreast of the times enough to know even a majority of the theories presented can never become narrow because in order to know them she must not only know food values; food composition; how to cook and serve food; and the changes which may take place in composition and digestibility when heat is applied to food materials; but she must also have considerable knowledge of organic chemistry, food chemistry, physiology, metabolism, some of the more prominent symptoms of common metabolic diseases and probable complications and results of various phases of treatment—not to mention the need of knowing quantities, qualities and prices; and the desirability of knowing human nature sufficiently well to be able to effectively control kitchen help and to work amicably with everybody in the house from the superintendent to the cleaners, for her province covers the entire territory. (Never can the person who does all of this be called narrow.)

<sup>1</sup> Abstract of address given by Miss Graves.

Not long since I asked this question of two men—both of whom are men of national reputation and both of whom have had considerable experience in hospital administration and have taken more than ordinary interest in the rational feeding of people in hospitals: "If you could have a dietitian who would meet your ideal of what a dietitian should be, just what qualities and qualifications would she possess?"

One replied:

I do not regard it as any part of the work of a dietitian to look after the actual cooking of food for patients in general, although I think a good dietitian would have general direction of the kitchen, the making out of menus, the selection of foods for the several groups of people, but if I were employing a dietitian, I would want a woman trained in the scientific work of feeding the sick under the direction of modern trained physicians. I would want her to be well versed in the chemical constituents of food articles, the physiology of digestion, and the special requirements of those classes of patients that need special feeding in the hospital.

Most of the hospitals have what they call "special diets;" most of these special diet slips follow precisely a form used for the past ten or fifteen years and they mean absolutely nothing. In other words, the whole thing boils down to the actual measurement of chemical constituents of food articles. In a dietitian we should have a woman capable of discriminating in this regard and of making out menus for these special feedings to obtain just what the doctor thinks his patients ought to have in the various nutrient classes, proteins, fats, carbo-hydrates, etc.

The other said:

She must be scientific; she must be able to determine caloric value of food materials, and use this when necessary for special cases; she must know what constitutes a proper diet for nephritis, diabetes, cardiacs, or any other disease treated largely by diet; but above all else she must know how to cook. The cooking done for the public wards and help should be just as well done as is the cooking for the staff's dining room, and the luncheons served occasionally to the Board of Directors.

I believe these two answers are typical of the attitude generally toward the dietitian. We find representatives of both of these views, and they both have convincing arguments.

To quote again from one of these men:

There are a few highly scientific internists in the country who really know how to prescribe their special feedings, but there are few of these men, cer-

tainly not an average of one for each hospital in the country. There would be a great many more of these men but the hospitals themselves are to blame for the fact that they have discouraged these men from attempting any sort of scientific work in their feeding. As a rule there is no one in the hospital who could make up a scientific menu or prepare a special feeding unless the doctor himself took the initiative and actually attended to the selection of the articles of food in detail and looked after their physical preparation.

Many physicians have actually tried to feed their patients scientifically, but they have generally met with such discouragement from the hospital administration that in most cases they have given up the attempt and have even ceased to follow their own medical literature on the subject of scientific feeding.

The superintendent of a hospital on the Pacific Coast wrote to me in regard to another phase of hospital feeding.

He says:

I am very decidedly of the opinion that most hospital patients on a full diet are overfed and that such overfeeding usually prolongs their stay in the hospital. It is a very difficult matter to handle the question of feeding hospital patients, inasmuch as there are usually connected with many hospitals directors who have no conception of the meaning of such a thing as dietetics

Probably this interference from the laity is not very general, but this injudicious feeding of full diet patients is undoubtedly a condition which exists in many hospitals, more particularly with the private room patients.

Thus we all acknowledge a state of affairs which we deplore. We gather up the blame and place some of it at the door of the hospital superintendent who is indifferent; some at the door of the attending physician, who apparently lacks interest; and some of it goes to the dietitian, who lacks knowledge or training. We still have a portion left which may properly be attributed to the nurses training school.

Many of the training schools of our largest hospitals give their nurses only three or four weeks' work in the diet kitchen; many of them send the nurses to the diet kitchens only a few hours in the forenoon; and many, many of them send the nurses to us for their entire dietetic training soon after they enter the school, either while still in the probationary period or during their first year in training—before they have any experience in nursing, or any opportunity to know of diseases or their symptoms; with practically no knowledge of bacteriology, sani-



tation, hygiene, or physiology, and expect us to teach them "cooking," in the before mentioned period of time.

When superintendents insist upon proper attention being given to the feeding of patients the doctors will have to give their attention to it; or on the other hand, when the physician insists upon his patients being properly fed, the superintendent will have to see that it is done. When this demand is made, from whichever source it may come, the nurses will have to know how to do it.

Our state registration laws are requiring many schools, which would not otherwise do so, to add a course in dietetics to their curriculum; but when they do this many of them make it just sufficient to meet the demands of the law, rather than sufficient for the needs of the nurses. In Illinois it has been, until recently, a recognized fact that the questions in dietetics must be simpler than in other subjects given in state examinations.

This may perhaps account for the status of the dietitian in some places; proper recognition is not given to her or her work. Fortunately this is not often the case.

In how many of our hospitals is the same thought and care given to the location, planning and equipping of the kitchen as is given to the other departments? Why should any dietitian after spending all day in the heat and noise of the kitchen be compelled to spend her evenings in a small room, meagerly furnished and with no more conveniences than are given the pupil in training? No woman who has spent time and money in getting a college training and the experience she should have in order to take charge of this department in a hospital wishes to feel that she can have no further interest except in her work. It is practically impossible to have much in the way of outside interest or even friendly association with people outside of the hospital, with the living accommodations afforded her in the average hospital today. In very few instances has she even been given an office or any other suitable place to consult with doctors, salesmen, and others, or to do the office work which is so large a part of her duties.

The future of the dietitian depends, obviously, first of all, upon her making herself efficient and proving her efficiency. If conditions are such that she cannot work to advantage, she should make every effort to change such conditions and secure, not for herself personally, but for the profession she represents and the position she holds, such recognition and such authority as are deserved.

## INSTITUTIONAL SANITATION

PHILIP S. PLATT

*Superintendent, Bureau of Public Health and Hygiene, New York Association for Improving the Condition of the Poor*

It is not many years since the subject of institutional sanitation would have been dismissed with a few remarks about the water supply, the disposal of sewage, and fumigation following infectious diseases. To-day the subject covers a wide and varied field, and its application demands both common sense and technical knowledge. It is indeed surprising how our conception of sanitation has broadened, how unsuspected sources of danger have been discovered, how the teachings of an earlier day have been modified or even rejected, and a new appreciation of the importance of relative sanitary values come into our minds.

## PREVENTION OF DISEASE

There are few if any sanitary problems in a city institution that are not common to a country institution. The consideration then of a country institution, housing a considerable number of individuals, standing somewhat apart from the town or village will supply us with a rather large variety of conditions possessing greater or less sanitary significance.

## PROTECTION OF WATER SUPPLY

Certainly, the primary rule of sanitation for institutions is that the water supply should be subjected to periodic chemical and bacteriological examinations and that the watershed should undergo a thorough sanitary inspection. If a public water supply is used, such reports can be had from the health department of the community.

Not content to depend upon the vigilance of others to maintain a pure water supply, many an institution today goes to the moderate expense of subjecting its water supply to a rapid filtration and chemical disinfection by means of which a clear, pure supply is assured.

## PROTECTION OF MILK SUPPLY

While epidemics from an infected water supply may be more extensive in their nature, there are probably a greater number of epidemics caused each year by the infection of the milk supply. Even if the milk

for an institution is provided from its own farm there is no assurance that one of the milk hands has not, while suffering in one of the early stages of an infectious disease, infected the entire supply. Milk affords an almost perfect medium for the growth and multiplication of many pathogenic bacteria. Even where pasteurization is practised a slip may occur somewhere by which pathogenic germs may gain entrance into the supply. It therefore behooves those responsible for the milk supply to exercise the greatest care to insure the cleanliness and healthiness of the workmen who come in contact with the milk supply. It is imperative that the workman suffering from even a slight indisposition should cease to come in contact with the milk until his complete recovery. This should be strictly enforced. Unless the milk is supplied under the most sanitary and hygienic conditions and the bacterial count of the milk is of the quality of "certified milk," pasteurization of the milk supply should be required.

#### PROTECTION OF FOOD SUPPLY

But still more important is the healthiness of those who prepare and handle the food within the institution. With our present knowledge about the insidious danger to the community of the well individual who carries in his body the germs of typhoid or diphtheria, the necessity for the careful bacteriological examination of all persons who come into close contact with food in the course of its preparation, is manifest. It is more than manifest; it is imperative if the safety of the inmates is seriously considered.

If ever the necessity for such precautions was driven home it was upon the reappearance this winter of "Typhoid Mary" Mallon, with her wake of sickness and death. When 25 cases of typhoid were traced to her in 1907 she was held under the detention of the Health Department and only after three years was released on parole never again to hire out as cook. A few months since under an assumed name as a cook in Sloane Hospital for Women she once more quickly transmitted infection to 25 physicians and nurses attached to the institution.

#### SEWAGE AND GARBAGE DISPOSAL

The disposal of garbage except from a point of view of a possible breeding place for flies has no special significance. From the point of view of decency, receptacles should of course be very tightly covered and frequently emptied.



## PREVENTION OF INSECT BREEDING

The breeding of flies and of mosquitoes, or of insects or rodents of any kind upon the premises of an institution is unpardonable. The part played by these insects in transmitting disease germs is of sufficient importance, even if there were no other reasons, to justify the most painstaking crusade of extermination. The excuse of lack of knowledge how to prevent their breeding is no longer tenable. We have the recommendation of the Department of Agriculture for the use of borax for the prevention of breeding of flies in manure. As described in the bulletin of the Department, the use of 62/100 pounds of borax in two or three gallons of water, sprinkled over eight bushels of manure will effectively prevent fly breeding without harming to any extent the fertilizing quality of the manure.

Another most interesting method, which takes into consideration a curious biological characteristic of fly larvae to migrate downward during certain stages of their development, seems to have a very high efficiency in ridding manure of the larvae. Briefly described, this maggot trap consists of an open framework platform upon which the manure rests. A foot or two beneath this framework stands a concrete basin in which there is a few inches of water. Some biological necessity seems to impel the maggots to crawl downward and, presently emerging through the bottom of the framework, they drop into the water to be drowned. A small amount of oil will make a film over the surface of the water in the basin and prevent the breeding of mosquitoes.

Since ten days elapse before the egg develops into an adult, the removing of manure at frequent intervals will also greatly reduce the danger of breeding. There always remains, however, about a barn in cracks and corners, sufficient breeding places to render the use of borax essential for a thorough crusade against fly breeding. As the early flies are responsible for the multitude that follow, the disinfecting process cannot be begun too early. Flies have been observed actively breeding in a disused part of a stable in New York City during mid-winter.

Unless an institution is placed in proximity to the seashore, where the salt water mosquito seriously complicates the problem, much can be done to reduce or even eliminate him. The expenditure of much effort and money is entirely justifiable for such work. Where mosquitoes are present their elimination becomes a matter of the first importance.



One principle only needs to be grasped; the mosquito breeds in quiet, stagnant water. As a rule the female seems to prefer small bodies of water fairly rich in organic matter, and well protected against disturbance by the winds or by motion. Consequently, breeding is rare in lakes unless it be at the very banks' edge beneath and protected by overhanging vegetation. If there is even a pint or two of water standing in a pail, can, jar, pan, gutter, broken cup or bottle, discarded pot, trough or ditch, one need not be surprised to find literally hundreds of larvae and pupae wriggling about waiting the day when they will emerge as mosquitoes. One must not forget that even the smallest collections of water within the building, in fire pails and pans of water in which the legs of a refrigerator have been placed to make it rat-proof, have been found to be prolific breeding places.

Of course, the most fundamental way to prevent the breeding of mosquitoes is to remove the water, either by emptying such receptacles as may contain water or by the drainage of ponds and swamps. Oiling with light fuel oil, while it may be entirely satisfactory and is often necessary has the disadvantage of having to be renewed frequently and of making the body of water less attractive.

Methods of screening as an anti-mosquito measure have been admirably discussed in the issues of February 27, and April 17, 1915, of the United States Public Health Service reports.

#### TOILET FACILITIES

In determining the most sanitary toilet equipment, the principle to keep in mind is the desirability of reducing to the minimum the possible points of contact. Relatively, of course, the danger of infection from such a source is far less than that which exists in the close contact with secretions from the nose and mouth which the sneeze and cough of another may carry directly to the face. Still, there is wide room for improvement over the toilet equipment which may be seen in older institutions.

In the well-lighted and airy compartment, the U-shaped seat may be recommended. Much can be done to further the maintenance of the seats in perfect cleanliness if they are constructed of a white substance which does not stain or absorb moisture, such as cellulo-enamel. The use of deodorants which merely mask one odor by the substitution of another is not to be recommended, and little credence may be given the

claims of disinfecting apparatus. If children are to be considered, the desirability of the low bowl must not be forgotten. To avoid another point of contact, automatic flushing devices, controlled by a valve connected with the seat, should be considered and handles upon doors avoided if possible.

The Bureau of Public Health and Hygiene in connection with its sanitary social and economic study of comfort stations in New York City, conducted bacteriological tests upon contact points in public comfort stations, and organisms of intestinal origin were recovered in a considerable number of cases, showing that at least a possibility of infection existed.

#### SOAP AND TOWEL FACILITIES

As the use of soap and towel following the use of toilets is one of the primary hygienic requisites, proper facilities must be provided. In the comfort station study above mentioned, it was found that 90 per cent of individuals washed their hands where individual towels were provided; 60 per cent where common towels were provided and only 22 per cent where no towels were provided, showing the interrelation of towels and personal hygiene. Similarly striking results were shown in the percentage of people washing where hot and cold water and soap from a holder were supplied, as compared with the provision of only cold water and common soap.

There can no longer be any excuse for the common roller towel when the individual roller towel of either cotton or paper material is so easily available. Where desirable, the installation of automatic vendors by which soap and towel and sanitary napkins can be dispensed by the payment of a few cents should be considered. While not of any particular sanitary significance, the use of liquid soap is preferable from many points of view.

So far as the condition of the building is concerned, the sanitarian can ask for nothing more than such scrupulous cleanliness as the plentiful use of soap and hot water can give. Thorough scouring, fresh air and sunlight are far better to rely upon than a score of expensive disinfectants. Under such conditions neither insects nor germs can flourish.

The relative importance of the various measures for safeguarding the health of an institution, has been roughly indicated by the order of their discussion, but all are sufficiently important to warrant close attention.

The person upon whom rests the responsibility for the sanitary side of institution management should have at least a general understanding of sanitary science. Technical knowledge is not necessarily essential, for the trained health officer is rapidly entering into his important function as expert adviser on the more technical points. Outside of the field of medicine and public health it appears to be to special courses in domestic science that we must look to lay the foundations for intelligent understanding and practical application of the important principles of Institutional Sanitation.

### OMISSIONS

The discussions of all papers, and also the following papers and reports that were given at the 1915 meeting are not printed in these proceedings:

Report of the Committee on Waste, by Mary U. Watson.

Institution Cookery, by May Van Arsdale.

Per Capita Costs, by Melvil Dewey.

Housing of Self-Supporting Women in Cities, by Sarah Louise Arnold.

The Turner-Balderston Club, by L. Ray Balderston.

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# BULLETIN

OF THE

## American Home Economics Association

HOME INSTITUTION SCHOOL

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SERIES 4

NOVEMBER, 1916

No. 4

KANSAS CITY, MARCH 2, 1917

There will be a meeting of the American Home Economics Association in Kansas City, on March 2, 1917, in connection with the Department of Superintendence of the National Education Association.

### MORNING SESSION

#### Greetings from the American Home Economics Association

Dean Catharine MacKay, Iowa State College, President of the American Home Economics Association

#### Some Problems in Home Economics in the Public Schools

Mrs. Henrietta Calvin, Specialist in Home Economics, Bureau of Education, Washington

J. H. Francis, Superintendent of Schools, Columbus, Ohio

#### Project Work in Teaching Home Economics, its Value and its Limitations

Dean W. W. Charters, University of Missouri

#### The School Lunch as a Project in Teaching Foods and Cookery in the Elementary and High Schools

Miss Essie M. Heyle, Supervisor of Home Economics, Public Schools, Kansas City, Missouri

Mrs. Mary Baker, Vocational High School, Memphis, Tennessee

Miss Jenny Snow, Department of Household Arts, Chicago Normal College, Chicago

### AFTERNOON SESSION

#### Fundamental Inter-relation of Courses in Home Economics and other High School Subjects

Miss Josephine T. Berry, Chief of Division of Home Economics, University of Minnesota

#### Teaching the High School Students their Responsibilities as Consumers

Miss Hildegard Kneeland, Department of Home Economics, University of Missouri

#### A Consideration of the Subject Matter of Textiles as a Part in the Teaching of Clothing

Mrs. Kate Kinyon, Supervisor of Household Arts, Public Schools, Lincoln, Nebraska

#### Principles of Design in Relation to the Teaching of Clothing and House Furnishing

Miss Araminta Holman, Supervisor of Home Art, Kansas State Agricultural College

Miss Ethelwyn Miller, School of Education, University of Chicago

The National Education Association, Department of Superintendence, February 26 to March 3, presents a program full of interest to the teacher of home economics who sees the relation of her own work to that of other departments of education. Those who cannot attend the whole meeting, are referred to the above program of the American Home Economics Association on March 2. The headquarters of the Association will be at the Kupper Hotel. Reservations may be made by writing to Mr. Otto F. Dubach, Chairman of Committee on Hotels, Board of Education, Kansas City, Mo.

The Kansas City Home Economics Association invites the Home Economics visitors to the National Education Association to take a drive over the boulevards and to a tea on Thursday afternoon, March 1. The machines will leave the Kupper hotel at 2.30.

Thursday morning a visit to the schools will be arranged. In order to save time, an effort will be made to provide motor busses, the cost for each person depending upon the total number who go.

Friday noon, a fifty cent luncheon will be served at the Y. W. C. A. where the Home Economics meetings are to be held. Saturday morning a trip is planned through Loose-Wiles cracker and candy factory, and through Armour's where a special display will be arranged.

Acceptance for the boulevard drive and reservation for the Thursday morning visit to the schools and for the Friday luncheon should be sent, not later than one week before the convention, to Miss Essie Margaret Heyle, Supervisor of Home Economics, Board of Education, Kansas City, Mo.

## PROCEEDINGS OF THE ANNUAL MEETING, ITHACA, N. Y.

JUNE 28 to JULY 3, 1916

### PART I

#### COUNCIL MEETINGS

##### FIRST SESSION

Breakfast, Thursday morning, June 29. President Martha Van Rensselaer in the chair. Twenty-three present, including representative councilors, and invited members of the Association.

A telegram of congratulation was sent to Mrs. Ednah Rich Morse, whose marriage had just been announced.

*Resolutions Committee:* A resolutions committee was appointed consisting of Miss Berry and Miss Lord.

*Affiliated Societies:* Miss Bevier made a tentative report from the committee appointed at Detroit. Points discussed on affiliated and allied societies and their relation to the Association were: (1) limitations in regard to eligibility, particularly in relation to student organizations; (2) possible dues from affiliated societies; (3) the danger of representa-

tive councilors outnumbering the councilors at large, thus throwing control of the Association into the hands of those less truly representing its members.

A letter from Miss Wellman, of the University of Indiana, urged the value of affiliating student clubs, to gain interest in the Association.

Some representative councilors discussed the second point, differing as to the feasibility of a membership fee; several suggested changes in the constitution in regard to representative councilors. Miss Lord moved that in Article III, Section II, of the By-Laws the last paragraph under (1) beginning "The association extends to other local clubs" be transferred to (2) Article III, Section II following the paragraph headed "Allied Societies," thus by a slight rearrangement correcting the difficulty in regard to eligibility for membership. Miss Lord also moved that students' clubs be classed as allied societies. Both motions were carried.

*The Journal Office:* In accordance with a vote of the Council at Detroit, the following committee had been appointed by the President to consider moving the *Journal* office:

Miss Marlatt, Chairman; the members of the *Journal* Board, including ex officio members, and Miss Stanley, Miss Sweeney, Mrs. Dabney.

In Miss Marlatt's absence the report was read by Miss Daniels, giving the reasons for and against removal. The committee stood 7 to 5 in favor of the change. After a full discussion by Miss Van Rensselaer, Miss Berry, Dr. Langworthy, Mrs. Abel, Miss Bevier, Miss Wheeler, Mr. Cole, Miss Johnson, and others, the general opinion seemed to be that no move should be made at present. It was voted 12 to 5 that the *Journal* office remain in Baltimore. At a later session the report was accepted and the committee discharged.

#### SECOND SESSION: THURSDAY 4.00 P.M.

*Nominating Committee:* The following members were appointed by the Council. Miss Bevier, Chairman; Miss Hunt, Miss Harkins, Mrs. Woolman, and Miss Denny.

*Graduate School of Home Economics:* Miss Daniels reported that home economics is not now included in the graduate schools of agriculture, and asked if an organized effort should be made for admission to such schools or for some part on their programs. After discussion by Miss Berry, Dr. Langworthy, Dr. Andrews, Miss Daniels, Miss



Bevier, Miss Harris, Miss Johnson, and Miss White, Miss Loomis moved that a committee be appointed from among those in charge of home economics departments in agricultural colleges, the committee to be empowered to take necessary steps to insure representation of home economics in the schools of agriculture so long as such schools exist; the committee to be appointed by the chair. Motion carried. Miss Daniels, Miss Comstock, and Miss Loomis were suggested as members of the committee.

*Committee on Committees:* At the request of the Council the chairman appointed Dr. Andrews, Miss Goodrich, and Miss Laird as a committee to review the committees of the Association and bring suggestions to the council.

*The Recognition of Allied and Affiliated Societies:* In response to the question whether the acceptance of such societies lies in the hands of the Council or the Secretary, Mrs. Abel moved that a committee be appointed to consider the whole matter included in Article III, Section II of the By-Laws of the constitution.

*International Office:* It was found that membership in the International Office of Home Economics, voted at the Seattle meeting, involved a fee of \$20, and the secretary was requested in place of this to arrange for an individual membership.

*National Education Association:* Miss Van Rensselaer and Dr. Andrews were appointed a committee to determine whether or not it is desirable to petition the N. E. A. for a Home Economics Section, and if so to present the necessary petition.

*Resolutions:* The Council ordered that a resolution be prepared and sent to the Resolutions Committee asking for more funds for the Home Economics Division of the Department of Agriculture for the preparation of literature.

Miss Johnson was appointed to prepare a resolution in regard to the investigation of household labor.

*Bibliography:* Miss Lord reported that the New York Committee on Home Economics of the National Special Aid Society offer a contribution of \$25 for compiling a reading list on Home Economics if the American Home Economics Association will appropriate an equal amount, the work to be in charge of the bibliography committee. The offer was accepted and the \$25 appropriated.

At Dr. Langworthy's suggestion Miss Lord moved that the Council appropriate \$60 for the publication of a bibliography of Mrs. Richards'



work. She believed that its sale would eventually repay the cost. Voted.

*Auditor:* Mr. Frank Whitcomb was appointed auditor of the Association.

### THIRD SESSION: SATURDAY 2.00 P.M.

*Place of the Annual Meeting:* An invitation was presented from Miss Field, Peabody College, Nashville, Tenn.; Miss Berry renewed her invitation to Minnesota; invitations were also extended by Miss White, University of Ohio, and by the Cincinnati Home Economics Association.

It was proposed that a plan be outlined for several years in advance, but this was thought impracticable at present.

The Secretary was requested to send out a questionnaire to members of the Association in regard to time and place of meeting.

*New Sections:* Applications were received from the committee of fifty, for a Journalism Section, and from the Textile Group for a Textile Section. In the opinion of the Council these groups should not at present form separate sections, but each should be given a session at the next annual meeting.

*Revision of Constitution:* Voted that a committee on the revision of the constitution be appointed, such committee to give special attention to Section III and to act in place of the committee formerly voted for considering that section.

*Standing Committees:* The following committees were appointed on recommendation of the Committee on Committees.<sup>1</sup>

#### *Legislation*

Mrs. Mary Schenck Woolman, <i>Chairman</i>	Mrs. Mary H. Abel
	Dr. B. T. Galloway

#### *Nomenclature*

Isabel Bevier, <i>Chairman</i>	Mrs. Henrietta Calvin
Minna C. Denton	Flora Rose
C. F. Langworthy	A. C. True
Abby L. Marlatt	Ruth A. Wardall

#### *Home Economics Day*

C. F. Langworthy, <i>Chairman</i>	Caroline Crawford
Helen Atwater	Blanche Hazard
	Mrs. E. B. Wilson

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<sup>1</sup> The last two committees were appointed later. See Council Report, page 25.

*State Supervision*Alice Thomas, *Chairman*Mrs. Anna Hedges Talbot  
Emma Conley*Score Cards*Florence Harrison, *Chairman*  
Elizabeth C. ConditE. M. Eadie  
Mrs. Luella Scovill Harrison.*Exhibits*Pearl MacDonald, *Chairman*Florence Winchell  
Frances Swain*Bibliography*Isabel E. Lord, *Chairman*  
Amy L. DanielsAlice B. Knowlton  
Mrs. Eva von Bauer Hansl.*International Committee on Teaching Home Economics*B. R. Andrews, *Chairman*  
Mrs. Mary Schenck WoolmanCatharine MacKay  
Helen Atwater*Family Budgets*B. R. Andrews, *Chairman*  
Ada Fish  
Mrs. Edith Fleming BradfordJessica Peixotto  
Thirmuthis A. Brookman  
Ethel Ronzone*Social Work*Emma A. Winslow, *Chairman*  
Mrs. Alice P. Norton  
Winifred S. GibbsFlorence Nesbit  
Lydia G. Chace  
Mrs. Jane T. Dahlman  
Bessie C. Lee*Textiles*Grace G. Denny, *Chairman*  
Mrs. Martha FrenchFlorence Winchell  
Nellie Crooks*Pen and Press*Anna Barrows, *Chairman*  
Anna M. EastCaroline L. Hunt  
Helen Louise Johnson  
Elizabeth McCracken

*Representation:* Miss Johnson moved that the President appoint a representative to attend the National Housing Association, the National Society of Charities and Corrections, and similar associations which deal more or less directly with the home, and that expenses be paid if a delegate cannot be provided otherwise.

*Election of Officers:* The following officers were elected by the Council from its own membership, as provided by the constitution:

*President,* Miss Marion Talbot, University of Chicago.

*Vice-President,* Benjamin R. Andrews, Teachers College.

*Secretary*, Mrs. Alice P. Norton, Chicago.

*Treasurer*, William Morse Cole, Harvard University.

Miss Talbot declined to serve and continues as first Vice President, annulling the election of Dr. Andrews. The election was completed later by the choice of:

*President*, Miss Catharine J. MacKay, Iowa State College.

A complete list of officers is given below.

A rising vote of thanks was tendered the retiring President.

Adjourned.

#### SPECIAL SESSION

The Council held a special meeting at Teachers College, New York, Wednesday, July 5, 4.00 p.m.

*Nominations for President*: Three nominations were made for President of the Association, and the Secretary was requested to take the vote by mail.

*Richards Memorial Fund Trustees*: Martha Van Rensselaer, Mrs. Melvil Dewey, Anna Barrows, and Caroline Hunt were elected to serve as Trustees from January, 1917.

*Proceedings*: It was voted to try this year the experiment of printing the proceedings of the annual meeting as a separate publication, provided funds are available; a copy of these proceedings to be sent to each active member as one of the bulletins of the Association, and to be sold to others for \$2, the proceedings to include all papers presented at the annual meeting, either in full, or, in case of papers published in the *Journal*, in the form of a summary.

Adjourned.

#### OFFICERS OF THE ASSOCIATION

The Association, at its business meeting July 1, elected the following officers whose names were presented by the nominating committee.

*Vice-President*: Flora Rose, Cornell University (for three years).

[The other Vice-Presidents are: Marion Talbot (for one year); Abby Marlatt (two years).]

*Councilors* (for five years): Effie L. Raitt, University of Washington; Mary E. Mathews, Purdue University; Ruth A. Wardall, University of Iowa; Emeline Whitcomb, University of Wyoming; Mrs. Flora Hartley Greene, Columbia, Mo.

The officers elected by the Council are:

*President:* Catharine J. MacKay, Iowa State College.

*Secretary:* Mrs. Alice P. Norton, Chicago, Ill.

*Treasurer:* William Morse Cole, Harvard University.

On November 17, the Council appointed the following:

*Executive Committee:* Mrs. Abel, Isabel Bevier, Henry Sherman, Lilla Harkins, and Mary Sweeney, with the six officers of the Association, and the retiring president.

*Finance Committee:* William M. Cole, Chairman; The President, Treasurer, and Secretary of the Association.

*Journal Board:* Mrs. Abel, Isabel Lord, Anna Barrows, C. F. Langworthy, Katherine Blunt, and, ex officio, the President of the Association, and Chairmen of Sections.

The following resolutions were adopted by the Association.

WHEREAS, The American Home Economics Association is deeply concerned in the protection of children from exploitation in industry; therefore be it

*Resolved,* That the Association assembled at its annual meeting urges upon the United States Senate the passage at this session of the bill known as the Keating-Owen Bill, forbidding interstate commerce in the products of child labor.

*Resolved,* That the President of the American Home Economics Association be empowered to telegraph to the Chairman of the Committee on Agriculture in the Senate urging an increased appropriation for the publication of farmers' bulletins on home economics topics, and other home economics literature. The total supply is wholly inadequate for the teacher of home economics who needs to obtain bulletins in bulk for use as text-books by the students.

WHEREAS, The wage-earning group engaged in household labor constitutes one-fourth of the total wage-earning group among women, and

WHEREAS, There are no available data of the hours, wages and remuneration and conditions of work of this group, and

WHEREAS, Such data are urgently needed for the intelligent discussion of the problems of labor and family life; be it

*Resolved,* That the American Home Economics Association assembled at its annual meeting requests the Honorable the Secretary of Labor of the United States to take the necessary measures for the collection at the earliest possible date of the desired data concerning wage-earning household workers.

WHEREAS, The American Home Economics Association realizes that the rapid growth and development of home economics in this country is largely



due to contributions to its subject-matter and to the never failing support of its work by the United States Department of Agriculture, and

WHEREAS, Its immediate and further development demands that this service be largely increased; be it

*Resolved*, That the American Home Economics Association assembled at its annual meeting urges the Honorable the Secretary of Agriculture to further by every possible means the rapid development of the work of the office of Home Economics of the States Relations Service.

WHEREAS, The American Home Economics Association representing the large group of home economics workers, homemakers, teachers of home economics in schools and colleges, specialists and research workers in all divisions of home economics are convinced of the necessity for federal aid to vocational education; and

WHEREAS, Its members regard any plan for national preparedness omitting the training of the people for vocational efficiency as entirely inadequate for national progress and security; be it

*Resolved*, That this association assembled at its annual meeting strongly urges upon Congress the passage in the present session of the bill known as the Smith-Hughes Bill.

WHEREAS, There are many problems of Home Economics relating to food, clothing, shelter, management, and child life, for whose solution scientific investigation and research are necessary on a scale larger than is possible with the resources at present available; be it

*Resolved*, That the American Home Economics Association assembled at its annual meeting urges the passage at this session of Congress of the Senate bill, known as the Smoot Bill, providing federal aid to research in Home Economics in every state of the Union.

#### REPORT OF THE SECRETARY

*Meetings:* During the year meetings have been held in Oakland, California, in connection with the N. E. A. August 26 to 28, 1915, shortly after the Annual Meeting at Seattle (August 18 to 21), and in Detroit, February 25, 1916, in connection with the Department of Superintendence of the N. E. A. The plan for holding a regular meeting in connection with the Department of Superintendence was suggested by some members of the Association at the meeting of the department in Cincinnati. The meeting in Detroit was so successful, with an attendance of more than 300, that this has been adopted as a regular proceeding of the Association.

Council meetings have been held in New York, October 23, 1915, and in Detroit, February 25, 1916.

Delegates have been sent to meetings of the following associations.

Second Pan American Scientific Congress, Washington, December 27, 1915, to January 8, 1916, C. F. Langworthy, delegate.

National Conference on Immigration and Americanization, Philadelphia, January 19 and 20, 1916, Emma Smedley, delegate.

The National Society for the Promotion of Industrial Education, Minneapolis, January 20 to 22, 1916, Isabel E. Lord, delegate.

General Federation of Women's Clubs, New York City, May 23 to June 1, 1916, Bertha Terrill, delegate.

In addition, a large number of members of the A. H. E. A., including the secretary, attended the meeting of the American Chemical Society, at Urbana, April 18 to 20, 1916.

*Membership:* The membership of the Association has decreased during the year. On June 30, 1915, there were 950 members, and on June 30, 1916—820. Seventy-six of these have joined during this meeting.

If the Association is successfully to fulfil its mission and accomplish all it should it must first of all have an increased membership. One way to accomplish this is for the head of the department in each of the colleges, universities, and schools to do what some are already doing: urge upon their teachers and students the need of joining the Association. Aside from the opportunity to contribute to the home economics movement that this affords it should be done if only from a professional standpoint. More and more the directory of the association is coming to be used as a professional "Who's Who." To be on the list classes one with those who are active in the movement.

*The Future of the Association:* The Association needs a paid secretary on full time to visit various schools, to keep in touch with other associations, and to promote in every way the interests not only of the Association, but of Home Economics in general. It can employ such a secretary if the membership is increased.

If the Association is to attract its full quota of new members it must, in the opinion of the Secretary, formulate more definitely the object for which it is working, and offer, in addition to its general purpose, some carefully thought out plans for practical work.

Many such opportunities lie at hand. The investigation of housing and food conditions in our public institutions, and the developing of practical methods for much needed change; the improvement of food in

college halls; the standardization of schools, and of teaching, in home economics—these are some of the things that might be attempted. The reports of Council and Association meetings are full of similar suggestions, made but never carried out. We are cooperating with many associations for many purposes. We are not taking the initiative. Shall we not sometimes lead, rather than follow?

Respectfully submitted,

ALICE P. NORTON,  
*Secretary.*

#### TREASURER'S REPORT

I have the honor to submit my report as treasurer for the year ending June 20, 1916, as follows:

The figures are divided into three groups, the first of which may be called the operating statement; the second, the balance sheet; the third, the fund statement. The operating statement is in summary form, because it is hardly of interest to the Association as a whole, though it is of interest to the officers who are handling the details, to know the detailed sources of receipts and kinds of expenditure.

In the following statement, you will observe the increase or decrease as compared with the preceding year, so that we may see in what respects we are more, and in what respects we are less, fortunately situated than a year ago. The decline in the receipts from memberships is possibly explained by the fact that last year the annual meeting was held at a point so remote from office headquarters that it was difficult to provide clerical means of receiving and recording new memberships. The increase in expenses arose from putting the work of the Association on a more business-like basis than has been possible heretofore—e.g., paying the expenses of officers, as a matter of principle, rather than tacitly allowing them to pay Association expenses out of their own pockets. The net result for the Association, exclusive of the *Journal* as is indicated, is a deficit for the year of \$263.50. Turning to the *Journal*, we find a more satisfactory financial condition. A very gratifying increase in both sales and advertising has been realized during the year, the latter being due in large part to an arrangement by which an advertising agency takes charge of securing advertising contracts. A decline in the amount received from subscriptions is due in part to a change in the termination of the subscriptions, so that renewals may now be expected later, and in part to a new arrangement

for students, by which a reduced price is charged temporarily. The Council is considering methods of adjusting the arrangement for students so that increased numbers of subscribers shall be more fully reflected in increased receipts. Increase in the expenses of the *Journal* has been inevitable, for we now have a paid editor, as well as a more highly paid office staff, following a régime in which the editorial work was done gratis. This does not indicate a decreased business success, but only the cessation of a very happy arrangement by which the editorial work was done by one who was able to give time to the work without compensation. The net result for the year, with regard to the *Journal*, was an operating surplus of \$536.38. The *Journal*, therefore, more than made up the deficit in the other activities of the Association, and the net result was a surplus for the year of \$272.88. Since the surplus a year ago was \$2244.44, the present surplus is \$2517.32.

*Operating statement—Summary*

*Association, exclusive of Journal*

			<i>Decrease</i>	<i>Increase</i>
Income				
Dues.....	\$1,068.00		\$276.00	
Sundry gains.....	21.30	\$1,089.30		
Expenses.....		1,352.80		\$282.00
Deficit for the year.....			\$263.50	
<i>Journal</i>				
Income				
Subscriptions.....	\$5,164.16		312.00*	
Sales.....	328.49			63.00
Advertising.....	2,091.23	7,583.88		1,635.00
Expenses.....		7,047.50		1,871.00
Surplus for the year.....		536.38		
Final surplus for the year.....		\$272.88	1,043.00	
Surplus a year ago.....		2,244.44		
Present surplus.....		\$2,517.32		

\* A change has been made in the termination of the subscriptions.

The second statement, the balance sheet, shows to a large degree in what form that surplus is carried today. The cash on hand, the bills receivable on account of advertising, and the equipment now on hand, constitute our assets. Some of the cash, however, belongs to trust funds held by your treasurer, as indicated on that balance sheet, and some is reserved to pay bills recently received. The Richards Memorial



Fund, for example, as indicated, has to its credit \$4315.87, and there is in the hands of the Richards Memorial Fund Trustees \$4070.56. The difference between these two figures represents the cash in the hands of the treasurer available for the cost of publications on behalf of the Fund, and for other uses of the Trustees. Other portions of the cash are retained for the purposes of the Housekeepers' Department, the Executive Secretaryship Fund, and the Institution Economics Section. Our present surplus, then, consists of about \$100 worth of equipment, \$650 worth of accounts receivable, and \$1762.46 in cash.

*Balance Sheet*

Cash—Cambridge Trust Co. ....	\$1,841.95	Richards Memorial Fund. ....	\$4,315.87
Harford Savings Dept. ....	532.11	Institution Section. ....	66.00
Petty Cash Funds. ....	250.00	Housekeepers' Dept. Fund. ....	297.50
Advertising accounts receivable. .	650.00	Executive Secretaryship Fund . .	106.04
Equipment. ....	104.86	Unpaid bills. ....	146.75
Richards Memorial Fund Trustees	4,070.56	Surplus. ....	2,517.32
	<u>\$7,449.48</u>		<u>\$7,449.48</u>

The third statement shows the details of the trust funds so far as they are in the treasurer's hands, and needs no explanation.

*Trust Funds*

		<i>Decrease of balance</i>	<i>Increase of balance</i>
<i>Housekeepers' Department Fund</i>			
Receipts. ....	\$45.00		
Disbursements. ....	52.25	\$7.25	
<i>Executive Secretaryship Fund</i>			
Receipts. ....	\$47.90		
Disbursements. ....	100.00	52.10	
<i>Richards Memorial Fund</i>			
Receipts. ....	\$343.65		
Disbursements. ....	176.24		\$167.41
<i>Institution Section</i>			
Receipts. ....	\$199.50		
Appropriation. ....	50.00		
	<u>\$249.50</u>		
Disbursements (including petty cash). ....	302.00	52.50	
		<u>\$111.85</u>	<u>\$167.41</u>

Respectfully submitted,  
WILLIAM MORSE COLE,  
*Treasurer.*

## THE JOURNAL OF HOME ECONOMICS

In introducing this report for the *Journal*, I want, first of all, to pay a tribute to Mrs. Abel, as well as to the other members of the Editorial Board who for many years have given their services to its development, and have contributed signally to its success.

In going back over the records of the *Journal* I have been amazed. I thought I knew something of the time that Mrs. Abel, Dr. Langworthy and others gave to bring the *Journal* up to the point it had reached; but I knew absolutely nothing about it until I undertook the work myself; then I began to appreciate what they have freely offered. We have not begun to thank them for all they have done for the *Journal*.

I have been experimenting with the *Journal*. I shall never be satisfied until we are able to reach a great many more people than we do now. I know the best way to bring more subscribers is to make a better *Journal*, and I assure you, if I continue the work, I shall put into it every bit of strength and thought and experience that I have, in order to make it successful.

The *Journal* belongs to the Association and it needs help from all of you. We need to work for subscribers. We should double our subscription this year. There are now 3555 subscribers,<sup>2</sup> a gain during the year of about 200; of these approximately a thousand are students. The student subscriptions are well worth while, though at present they add to the expense of the *Journal*. With ten numbers a year the student subscriptions just paid their cost; with twelve numbers they are an actual loss. One-fifth to one-sixth of these student subscribers renew at full rates. To fully justify the experiment there should be a much larger proportion of renewals. If the heads of departments conscientiously believe that the *Journal* will be helpful to their students, can they not urge students to continue their subscriptions after graduation?

We also need special effort to put the *Journal* before home economics clubs and home economics departments of women's clubs. The two dollar subscription sounds like a good deal to many women, but if the magazine is sufficiently helpful they will take it.

Another way to help the *Journal* is by sending news items and good short articles. We want real news, with definite, interesting, helpful statements. We especially need articles that are not only scientific but interesting, with the elements of appeal to all intelligent women—

<sup>2</sup> The total, November 15, is 3800.

articles that translate scientific facts into every-day language. We want articles that point out the practical applications of theory. We need much more discussion of the esthetic side of the home and of its economic problems, and we need practical help for the high and elementary school teacher.

We want comment on articles that are published. Comment helps to make the *Journal* alive, and of more value to everyone. Constructive criticism as well as approval will be welcomed.

Let us then have your coöperation because it is your *Journal*.

Please subscribe. Please ask others to subscribe. Please contribute. Please criticise—and so help.

Respectfully submitted,  
ALICE P. NORTON,  
*Editor.*

#### REPORT OF SECRETARY OF RICHARDS MEMORIAL FUND TRUSTEES

The Ellen H. Richards Memorial Fund in the hands of the Trustees now amounts to \$4070.56, an increase of \$848.68 in the last twelve months. In the eighteen months from January 1, 1915, to date, there has been an increase of \$1196.51, of which \$973.28 has come from subscriptions, and \$223.23 has come from interest. The interest income of the Fund next year will be approximately \$200. In addition to Funds held by the Trustees, the Association has a balance of \$245.31, arising from sales of publications belonging to the Fund. Thus there is a total of \$4315.87 in the Memorial Fund at present.

The Fund is in charge of a Board of Trustees elected by the Council of the Association; and Mr. Frederick Pratt of Pratt Institute is Chairman of the Board. To this Board has been referred by the Council the question of the use of income. Two opinions have been advanced: the first, that the interest should be added to the Fund, for the present, until the Fund is at least \$10,000; the second, that the interest should be wisely used at once with the double purpose of the good to be accomplished and the effect upon securing more money for the Fund by showing the income at work. The Trustees would be glad to have the views of the Association upon this matter.

Cordial thanks are expressed to those who have contributed during this past year to the increase of the Fund. The list of contributors is as follows: Psi Upsilon Omicron of University of Missouri; Washington, D. C., Home Economics Association; Home Economics Depart-

ment of Baldwin-Wallace College, Berea, Ohio; Home Economics Club of Santa Barbara, California, Normal School; Students of Newcomb College, Tulane University; Robert H. Richards, Boston; Students of New Hampshire State College; Students of National Park Seminary, Forest Glen, Md.; Home Economics Club, Ohio State University; Home Economics Club, Indiana University; Emma S. Jacobs, Washington, D. C.; Household Science Club, University of Illinois; Students of Tempe, Arizona, State Normal School; Students of Mills College, California; Theta Chapter, Omicron Nu, Kansas State College; Contributions from Utah Schools, through Mrs. Leah D. Widtsoe, Logan, Utah; Young Women's Auxiliary of Fine Arts Club of Fargo, N. D.; Home Economics Club, University of Kentucky.

The observance of Richards Day, or Home Economics Day, on December 3, Mrs. Richards' birthday, increases each year. The Richards Day Committee, through Dr. Langworthy and Miss Atwater, made a notable contribution in writing a new pageant, "America's Gifts to the Old World," especially for presentation for the benefit of the Richards Memorial Fund. During the convention at Cornell, members of the Cornell department gave a play, "Omelet and Oatmelia," for the benefit of the Fund, which other schools will find it interesting to use. "Prince Caloric" and other material are also available for such purposes. Let every school and college next year have some observance of Richards Day, and, if circumstances permit, make it a means of raising a contribution.

BENJAMIN R. ANDREWS,  
*Secretary-Treasurer of Trustees of Richards Memorial Fund.*

#### REPORT OF THE TEXTILE AND CLOTHING COMMITTEE

The Textile and Clothing Round Table of the Home Economics Association met at the University of Washington in Seattle on the afternoon of Friday, August 20, Miss Nellie Crooks, chairman, presiding. The three papers prepared for the section were: "The Aim of Textile Teaching" by Miss Nellie Crooks of Milwaukee-Downer College, Milwaukee, Wisconsin; "Teaching Textiles in the High School" by Miss Ina K. Pitner of Polytechnic High School, Los Angeles, California; "Teaching Textiles in the Grades" by Miss Steiger, Supervisor of Sewing in the public schools in Rochester, New York. These papers are discussed in the minutes of the regular meeting.



The questions discussed at the Round Table were:

1. Grade work in sewing and textiles. How can the work be made of more value to the girls who leave school at the end of the sixth grade? How can the girls who complete the elementary school, but do not go on to high school, be helped so they may be better consumers?

2. What are the essentials in the teaching of textile and clothing in high school?

3. Textile research work in colleges and its application to school work.

Miss Crooks opened the discussion of the content of grade work in textiles and sewing, by calling attention to the textile charts prepared by the children in the grades in Rochester, New York, under the direction of Miss Steiger. In the charts, which are made on the backs of tablets used in the school, simple experiments such as the shrinking tests for cotton and fading tests for ginghams and calicoes were shown. There were also charts showing the growth of cotton by pictures and samples. Appropriate dresses for children with samples of material, prices, and amount of trimming needed were given. In the discussion which followed, Miss Post, supervisor of sewing in Tacoma, and Mrs. Dabney, supervisor of sewing in Seattle, spoke of contests in sewing as a means of stimulating interest in the work in the grades. Miss Henke, of Saint Louis, gave an account of the experimental course which was being tried in Saint Louis, the object being to discover the problems in sewing best suited to children of different ages and the amount of time needed for these problems.

The discussion of the work in textiles and sewing in high schools was opened by Miss Pitner of Los Angeles on the need of standards in teaching. Miss Grace Denney called attention to the poor workmanship of so much of the work in sewing done in high school, especially as to finish. Miss Heyle of Kansas City and Miss Cottrell of Seattle discussed high school sewing and textiles in relation to the general work of the high school. Textile research work and its application to the high school was illustrated by Miss Denny of the University of Washington. Miss Titsworth of Cornell University spoke on the necessity of art as a foundation for all problems of domestic art work. It was the sense of the meeting that more thought and time should be given to the planning and standardizing of courses in textiles and sewing in elementary and high schools.

The members of the committee are: Miss Crooks, Chairman; Mrs. Baker, Miss Agnes Craig, Mrs. Blair, Miss Pitner, Miss Steiger.

The Committee is trying to complete a bibliography of textiles which will be published in the *Journal*.

Respectfully submitted,  
NELLIE CROOKS,  
*Chairman of Textile Committee.*

#### REPORT OF THE COMMITTEE ON LEGISLATION

A report of the work of the Legislative Committee of the American Home Economics Association was sent to the present chairman by Miss Helen Kinne, the former chairman, and the content is embodied in this report.

In October, 1915, directions for work were received from the Council which had met at Seattle, and the new members who were selected by it were duly invited to become a part of the Legislative Committee. The Committee now consists of the following members: Mrs. Mary Hinman Abel of the Editorial Board of the *Journal*; Dr. B. R. Andrews, Teachers College; Mrs. Anna Garlin Spencer, State Woman Suffrage Association; Dean B. T. Galloway, Cornell University; Abby L. Marlatt, University of Wisconsin; Mrs. A. P. Norton, Editor *Journal of Home Economics*, and Mrs. Mary Schenck Woolman, Specialist in Vocational Education, Boston.

The legislative measures in which the Committee have been interested this year have been the Keating-Owen Bill, S. 1983 (Child Labor); the Smith Hughes Bill, S. 703 and H. R. 11253 (Federal Aid for Industrial Education), and the Smoot Bill, S. 5273 (Appropriations for Research in Home Economics).

The attention of the Committee has been given mainly to the Smith-Hughes Bill. Many questions were brought up concerning the intent of some of the recommendations and the terminology in use. A meeting was called in New York by the Women's Committee of the National Society for the Promotion of Industrial Education to discuss provisions of the bill which were not well understood. Members of the American Home Economics Association were present, including Miss Kinne, the Chairman of the Legislative Committee. Following this meeting a letter was sent to all members of the Committee asking for their help in settling definitions and terminology. Miss Kinne later sent a paper to the *Journal* in which she carefully considered several points of the discussion. This appeared in the April number under the caption

"Terminology and the Smith-Hughes Bill." A further statement from Miss Kinne, which should be read in connection with this is in the June number of the same magazine.

A special session of the Annual Meeting of the National Society for the Promotion of Industrial Education in Minneapolis was devoted to a discussion of the same bill, and a number of members of the Legislative Committee were present at this meeting. As a result, through Mrs. Norton, the members of the Council and the Committee were asked to write personal letters to their representatives and senators urging the passage at an early date. Mr. Alvin E. Dodd, Secretary of the National Society, kindly sent a number of news letters, descriptive of the bill to the members of the Council and the Committee.

At the request of Miss Kinne a paper on the Smith-Hughes Bill was written for the May *Journal* by Mrs. Woolman, who, as a member of a committee of the National Society on the bill, is in close contact with matters concerning it.

The American Home Economics Association, assembled in Detroit in February, at the meeting of the Department of Superintendence of the N. E. A., reaffirmed its approval of this measure and urged care in the appointment of the Federal Board for its control.

The Association has taken action also in regard to the other two bills, in which the Committee have been interested. The February number of the *Journal* has an account of the Smoot Bill and the March number tells of the Keating-Owen Bill and gives the names of members of the Interstate Committee in whose hands it now is.

Arrangements have been made whereby members of the Council and the Committee will receive circular letters on legislation from the Bureau of Education at Washington.

The present status of the three bills is as follows:

*Smith-Hughes Bill for Federal Aid for Industrial Education.* All political parties are favorable and the President of the United States has urged its passage.<sup>3</sup> The importance of the material before the Senate and House at the present time may delay its passage until fall. This will be unfortunate, as all are favorable now and waiting may mean loss which would be tragedy for the millions of workers of the country. The passage may be said to rest now with leaders in Congress and with

<sup>3</sup> This bill passed the Senate in August, 1916, and, slightly modified, passed the House, Jan. 9, 1917.



the President. Societies of weight, such as The National Chamber of Commerce and the American Federation of Labor, are urging the passage as an essential part of the preparedness program. Letters of significant people urging the passage at the earliest moment possible would be of value.

*The Keating-Owen Bill for Prohibiting Shipment in Interstate Commerce of the Products of Child Labor.* This bill passed the House in February and is now before the Senate.<sup>4</sup> Mr. Lovejoy writes, "We do not know when it will be brought up for vote and although it has been put on the program of bills to be passed at this session the amount of business before Congress may prevent action until December. Any help you and your club members can give in making Senators feel that this is an important measure and one which has the backing of their constituents, will be of great value."

*The Smoot Bill to provide for an increased annual appropriation for Agricultural Experiments to be used in research and experiments in Home Economics.* The plan for giving the money conforms to that of the Smith-Lever Bill. Mr. Smoot feels that the appropriations provided for in his bill are needed for making the demonstrators in the Smith-Lever Bill more able to do significant work. A letter which was written by Mr. Smoot showed his desire to bring up his bill at the same time that the Smith-Hughes will come up, as both contain provisions for research in home economics.

The members of the American Home Economics Association are urged to interest in all of these measures, for their passage will be of great value in bettering home and labor conditions in America. This will be attained only if work is done for them by those connected with social and educational matters.

It was with great regret that the resignation of the former chairman, Miss Helen Kinne, was received. She will be absent this next year on her sabbatical leave from Columbia University and therefore unable to continue her duties as chairman.

Respectfully submitted,

MARY SCHENCK WOOLMAN,  
Chairman.

<sup>4</sup> This bill passed the Senate August 8, 1916, and was signed by the President September 1, 1916.



## REPORT OF THE COMMITTEE ON BIBLIOGRAPHY

It was the purpose of this Committee to prepare a selected, annotated list in home economics of books and other reading matter that would be helpful to the homemaker. At the request of this committee a coöperating one was appointed by the American Library Association.

The one difficulty has been lack of time on the part of any member of either committee. It seems almost essential that someone should for a little give full time to the work. The New York Committee on Home Economics of the National Special Aid Society has become interested in the list, and its chairman, Mrs. Alfred Meyer, offers \$25 for their Committee toward the expense of compiling. If the American Home Economics Association Council will appropriate \$25 more, the work can be put through in the fall.<sup>5</sup>

It is the hope of your Committee that the American Library Association will publish the list, furnishing at cost to our Association and also the National Special Aid Society as many copies as these bodies wish.

Respectfully submitted,

ISABEL ELY LORD,  
*Chairman.*

## REPORT OF COMMITTEE ON NOMENCLATURE

The Committee on Nomenclature has added to its number during the past year, Mrs. Alice P. Norton and Mrs. Henrietta W. Calvin. While there has been no meeting of the full committee, conferences of different members have been held in Detroit, Washington, Chicago, and New York. This Committee has tried to coöperate with the Committee upon Vocational Education of the National Education Association, and Miss Kinne of the Legislative Committee has been in close touch with the legislative side of the work. Other conferences are to be held in New York in connection with the National Education Association.

The Committee simply reports progress and asks for suggestions.

ISABEL BEVIER,  
*Chairman.*

<sup>5</sup> This amount was appropriated and the library has since been established. (See *Journal of Home Economics*, December, 1916, pp. 667 and 676.)

## REPORT OF THE INTERNATIONAL COMMITTEE ON HOME ECONOMICS

The International Committee was appointed in response to a request from a meeting of home economics teachers, held in New York in May, 1915, that the Association provide an agency to encourage the introduction of home economics into schools and colleges in foreign countries, especially into missionary schools and colleges, and an agency for developing interest among American teachers in the world wide progress of home economics as an international factor. The request from the New York meeting called particular attention to the Canton Christian College of China which desires to develop home economics teaching in its women's department and would appreciate coöperation from American teachers. The International Committee reports progress as follows:

The Canton Christian College of China which is regarded as doing some of the soundest educational work in China is interested in the organization of a Home Economics department. This college has on its staff Miss Liu, a graduate of Vassar and of Columbia, who has organized its first girls' high school class of a dozen girls, graduates of the college elementary school, who will become its first college class. Miss Liu's work is supported by Vassar students and alumnae. As the women's work develops it is intended to add an American young woman teacher of home economics—and the support of such a teacher might well be made a matter of special contribution by members of our Association who would be interested in such an enterprise. At the Canton College there has been held for several years a summer school of Household Economics which has been taught by American women, teachers and the wives of faculty members of the college.

The International Committee hopes to have a visit made to the Canton institution by a member of the home economics faculty of one of our American colleges on leave of absence, within a year or two, to aid in establishing home economics teaching there. The committee has received offers of such temporary service, at Canton or elsewhere, from three American college teachers when conditions permit them to have leaves of absence. Others it is hoped may volunteer such services.

The Educational Secretary of one of the leading missionary societies has assured your committee of great possibilities in the service given by leading American teachers willing to contribute a few months service to the development of these centers of education in countries to which modern civilization is passing.

Another possibility worthy of serious consideration is the temporary exchange of teaching positions by American and European teachers of Home Economics when the war shall have finished. The exchange of college professorships and secondary teachers was under way between America and several countries before the war. Home economics teachers had not participated in the plan. There is every reason why they should. The home as a central social institution varies somewhat in its position in different countries but in all it is fundamental. A better understanding of each other's homes and household economy would be one factor in a better international understanding; and as the home is a determining factor in the standard of living, we should be doing our share toward the leveling up of standards of living in all countries. The American kerosene lamp has penetrated all over the world; other household conveniences to lighten labor, and improve living, and all knowledge that will safeguard household health, and all practices that advance household wealth, need to be as generously shared with other countries. Those countries will also in many cases have suggestions for American housekeeping. It is such a transfer of culture from one country to another in all domains of human activity that will ultimately bring about that common life and mind which is essential to a world unity.

As an immediate step toward international exchange of home ideas the committee proposes a plan for securing the services of Miss Alice Ravenhill, formerly of Kings College, London, and leader in the English home economics movement, as a visiting international lecturer on home economics during 1916-17. We propose to ask Miss Ravenhill to give us three or four months of time during which she will visit different colleges, and universities who desire to coöperate in the lectures, devoting one week to each institution. Several institutions have in advance already asked that a week be reserved for them if Miss Ravenhill's services can be secured.

Your committee has proposed to make an inquiry as to home economics instruction in Pan American States, and has sent out the first letters in this inquiry. It suggests that, as rapidly as possible, such communication be opened with various countries to the end that American teachers of home economics may know of striking items of progress in other countries, and that we may communicate to them similar intelligence regarding the American movement in education for the home. We have just asked Dean Curtiss of Iowa State College, who

is to spend the summer in South America, to act as a representative of the committee in presenting its greetings at the First Pan-American Child's Congress, meeting in Buenos Ayres, in July, and to collect such facts as he can conveniently as to home economics teaching in South America.

We recommend that where possible our Association be represented by delegates at foreign congresses which treat of home economics topics and that the sending of American papers to their programs be encouraged; and that members of the Association who plan to travel abroad, or would be interested in serving as exchange teachers in Oriental or European countries, communicate with the committee.

In concluding this report of progress, the committee requests that it be continued and, in case this be done, that any members of the Association especially interested in the international field communicate with the committee.

Committee: Catharine MacKay, Iowa State College, Ames, Iowa; Benjamin R. Andrews, Chairman, Teachers College, Columbia University, New York.

Respectfully submitted,

BENJAMIN R. ANDREWS,  
*Chairman.*

The committee was continued by the Council, and Mrs. Mary Schenck Woolman and Miss Helen Atwater were added to its membership.

#### COUNCIL MEETING, WASHINGTON, D. C.

NOVEMBER 16 and 17, 1916

*Present, November 16:* Miss Catharine J. MacKay, presiding; Misses Marlatt, Van Rensselaer, Rose, Bevier, Berry, Sweeney, Mulligan, Harris, White, Loomis, Dr. Langworthy, Mrs. Calvin, and Mrs. Norton.

*Representative Councilors:* Misses Jacobs, Baer, and Vinton.

*Visitors:* Miss Stanley, University of Missouri, Mrs. Thompson, President Housekeepers' Alliance, Wash.

*Present, November 17:* Miss Catharine J. MacKay, presiding; Misses Berry, Sweeney, Jacobs, Mulligan, Harris, Bevier, White, Dr. Langworthy, Mrs. Calvin, and Mrs. Norton.

The following business was transacted.



The Council appointed the Executive Committee, the Finance Committee, and the *Journal* Board.<sup>6</sup>

*Pen and Press Committee:* In response to a letter from Anna Barrows as to the standing of the "Committee on Journalism," a standing committee was formed under the name of "Pen and Press."

*The Textile Group* who had applied for recognition as a section was made a standing committee of the Association.

*Household Service:* At Dr. Andrews' request a committee was formed on the Federal Investigation of Household Service. Members: Mrs. Abel, Emma Gunther, Henrietta Roelofs, and Mrs. Eva Hansl.

*Committee to prepare a biography of Mrs. Edna Day Hyde:* Mrs. Norton, Chairman; Miss Harsell, Secretary. Miss Harsell has already collected material under Dr. Andrews' direction. \$10 appropriated for expenses.

*Clean Hand Card:* Project presented for Dr. Andrews by Dr. Langworthy approved. Committee appointed by President to devise ways and means to carry out plans. Members: Dr. Andrews, Dr. Langworthy, Minna C. Denton, Dr. Donald Armstrong, and Mrs. R. E. Buchanan. \$25 appropriated for expenses.

*Relation of Journal of Board to Association:* Committee, Mrs. Norton, Mrs. Abel, Dr. Andrews.

*Meetings:* The Secretary reported the result of the questionnaire on the annual meeting as follows:

<i>Place preferred:</i>		
University of Minnesota.....	108	
Peabody College.....	41	
Ohio State College.....	62	
University of Cincinnati.....	20	
<i>Time preferred:</i>		
June.....	131	16 early 11 middle 114 late
August.....	112	23 early 10 middle 89 late

June impossible for 62, August for 34, both for 7.  
Can attend frequently in June, 82, in August 67, in either 45.

*Place and Time of Annual Meeting:* Voted to accept the invitation of the University of Minnesota and hold the annual meeting on such dates immediately after the close of the Summer School as may be arranged with Miss Berry and the Executive Committee.

<sup>6</sup> For a list of the members of these committees, see page 8.

The date was fixed for August 22 to 28.

*Kansas City Meeting:* Miss Stanley presented a tentative program for the meeting in connection with the Department of Superintendence of the N. E. A. (Kansas City, Feb. 26, to Mar. 3). Program Committee: Mrs. Van Zile, Chairman; Misses Heyle, Sprague, and Stanley. The meeting will probably be held on Friday, March 2.

*Southern Association:* Miss Harris asked for coöperation with the Home Economics Teachers of the South at the meeting to be held in connection with the Southern Educational Conference in April, 1917. Voted to send Miss MacKay to represent the Association at that meeting.

*Council Meetings:* Voted that the Council hold three regular meetings a year: one in connection with the annual meeting, one with the American Association of Agricultural Colleges and Experiment Stations (to be held in 1917 in Springfield, Mass.), and one in connection with the Department of Superintendence of the N. E. A.

*Council Membership:* The resignation of Mrs. Ednah Rich Morse from the Council was accepted with a resolution of regret. Dr. B. R. Andrews was elected to fill the vacancy.

Voted that the Institution Section be represented on the Council both by Mrs. Dewey, as Honorary Chairman, and by the present Chairman, Miss Gunther.

*The Budget:* The Treasurer's report was read by the Secretary, and accepted. Voted that the *Journal* Board formulate the *Journal* Budget for the coming year, based on that of 1916, with such modifications as seem necessary or desirable, and that this be subject to the approval of the Finance and the Executive Committees.

That the budget of the Association be that of 1915-1916 with the addition of appropriations already made by the Council.

*Association Membership:* Voted that a systematic campaign be undertaken by the Secretary for new members, the expense incurred to be not greater than \$75. Moved that the publishing of the directory be deferred for a short time in order to include such memberships as may be secured.

*Bibliography:* The bibliography committee called attention to the new Home Economics Library in New York, in connection with the National Special Aid Association, and to the Information Bureau in connection with this. A request was made for copies of the *Journal*, Vol. III, Nos. 2 and 3 to complete the files.

It was voted that the bibliography of Mrs. Richards be turned back to the bibliography committee for completion before publishing.

*International Committee:* Voted that the Council approve the action of the International Committee on Home Economics Teaching in securing Miss Ravenhill as a lecturer, and that of the appointment of Dean Curtiss as their representative in South America.

*Richards Memorial:* Voted to adopt Dr. Andrews' plan for sending out a circular letter for contributions to the Richards Memorial Fund, and if necessary that funds be advanced, either by the Association or by the Fund already in possession of the committee, to defray the expenses, with the understanding that this advanced money be repaid from the contributions received.

*Other Business:* The question of printing the names of allied societies was referred to the *Journal* Board.

Suggestions in regard to changes in the constitution were referred to the committee on the revision of the constitution.

The Council adjourned.

ALICE P. NORTON,  
*Secretary.*

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Part II of the Proceedings will contain the papers read at the annual meeting in Ithaca, with the exception of those published in the *Journal*.





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ASSOCIATION

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# The American Home Economics Association

ORGANIZED DEC. 31, 1908.

INCORPORATED MAY 12, 1909.

The American Home Economics Association exists for the purpose of bringing together those interested in the bettering of conditions in the home, the school, the public institution, and the community.

Annual Dues: Active \$2.00; Associate \$1.00. Only active members receive the quarterly bulletin.

## PRESIDENT

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Iowa State College, Ames, Iowa  
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Cornell University, Ithaca, N. Y.

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University of Wisconsin, Madison

SECRETARY  
MRS. ALICE P. NORTON,  
1326 E. 58th St., Chicago, Ill.

TREASURER  
WILLIAM MORSE COLE,  
Harvard University, Cambridge, Mass.

## EXECUTIVE COMMITTEE

The Executive Committee is composed of the following members: The president, three vice-presidents, secretary, treasurer, the retiring president, and five additional members of the Council chosen, by the Council, viz: Mrs. Mary H. Abel, Isabel Bevier, Lilla A. Harkins, Henry C. Sherman, Mary E. Sweeney.

## COUNCILORS AT LARGE

### TERMS EXPIRE 1917

ISABEL BEVIER,  
University of Illinois,  
Urbana, Ill.

A. C. TRUE,  
U. S. Dept. of Agriculture,  
Washington, D. C.

AGNES HARRIS,  
Florida State College,  
Tallahassee, Fla.

LILLA A. HARKINS,

Montana State College, Bozeman, Mont.

BERTHA TERRILL,  
University of Vermont, Burlington, Vt.

### TERMS EXPIRE 1918

MRS. MARY H. ABEL,  
Woodlawn,  
Baltimore Md.,

ANNA BARROWS,  
Teachers College,  
New York City.

BENJAMIN R. ANDREWS,  
Teachers College,  
New York City

HENRY C. SHERMAN,  
Columbia University,  
New York, N. Y.

C. F. LANGWORTHY,  
U. S. Dept. of Agriculture,  
Washington, D. C.

### TERMS EXPIRE 1919

SARAH LOUISE ARNOLD,  
Simmons College,  
Boston, Mass.

JOSEPHINE T. BERRY,  
University Farm,  
St. Paul, Minn.

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234 Paddock St.,  
Watertown, N. Y.

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# BULLETIN

OF THE

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## PROCEEDINGS OF THE NINTH ANNUAL MEETING, ITHACA, N. Y.

JUNE 28 TO JULY 3, 1916

PART II

**Institution Section, Wednesday, June 28**

9.30 A.M.

*Chairman:* Sarah Louise Arnold, Dean of Simmons College, Boston.

*Secretary:* Emma H. Gunther, Teachers College, New York City.

Miss Gunther presiding.

The following papers were read:

### SERVICE AT A DORMITORY TABLE

ELIZABETH GOODRICH

*Simmons College, Boston*

It is important at this time in view of the cost of living and the difficulties of labor and service that attention be given to the subject of foods and to problems related to the dormitory table.

The service of food covers a broad field, touching many essential points, the service at the table being the final result, the finished product of all the processes that go on between the kitchen and the dining room. Satisfactory service depends to a great extent upon the arrangement of the kitchen and serving room in relation to the dining room, and the consequent expenditure of time and energy involved in taking food from one point to another. In the planning of new dormitories great care should be taken to avoid mistakes in the arrangement of these departments.

It is easier to standardize foods, methods of accounting, and per capita costs than to bring about a uniform and satisfactory arrangement of service, since conditions vary in different institutions and are often difficult to control.

The time allowed for the meal, the use of student service, the size of the dining room, the shape and capacity of the tables, the best unit for seating arrangements, and the number that can be served by one person expeditiously and with satisfaction, must all be considered.

Another problem is the control of the amount of food served. Shall second servings of meat and vegetables be provided for every table when only one-half the dining room may require it? How can food be replenished wisely? A waitress will become used to the group she serves and can be instructed accordingly, but, when the system is followed of changing the arrangement of students every two weeks, the tastes and wishes of one group are no sooner learned than this group is replaced by another. This system of changing the arrangement is followed in a number of dormitories and is a desirable one, as it breaks up cliques and enables the students to become acquainted, but it does not work out as satisfactorily for the director of the dining room.

The best way to control waste is by careful apportioning of the food, but the distribution of it in such a way as to give satisfaction at each table is no easy problem. Would training schools for waitresses and monthly conferences with heads of tables bring about greater coöperation and intelligence in the matter?

A very important point in connection with the service of food is the refining influence of the dormitory table. Psychology plays as important a part in the service of food as in the right combinations or quality of the food served, and more attention should be given to those details, which not only please the eye and aid digestion, but which also create an atmosphere of good feeling at the outset of the meal. Everyone

knows the effect of fresh linen, shining glass and silver, a flower or a fern for a bit of color, and the attention of a courteous waiter in a simple and tidy uniform. It gives confidence that the standard of cleanliness and the quality of the food will be high, and an air of contentment prevails. On the other hand, if the tired student, with very little relish for what is set before her, sits down to a table where these esthetic qualities have been given secondary consideration she is in a mood to discover opportunities for criticism, if any exist, and her dissatisfaction will become contagious. This side of the service may determine the success or failure of the management.

Often too little time is allowed for a meal, and the student, forced to eat in too much of a hurry, becomes increasingly impatient at slow service, without consideration of the difficulties of serving quickly two hundred or more. A cranky pantry girl may be the root of all evil or a slow cook the despair of the dining room, while it is the waitress who has to face the situation.

Another important problem is the control of noise in the dining room, for the din of voices and the clatter of dishes have an irritating effect on the students. This has been given consideration in the report of a Wellesley College Alumnae Committee on Living Conditions in Colleges. The following quotation is taken from the report of this committee which is based upon studies made in a number of colleges and clubs.

*"Quiet in houses.* Dining-rooms: The noise of crowded dining rooms, the raising of voices, etc., for three meals a day throughout the college year, seems to us to have a serious and deleterious effect upon manners and nervous strength. We therefore urge: (1) that the actual floor space in dining rooms should be large, and the ceiling high in proportion to the number of students; (2) that tables should be small, seating not more than six, so that general conversation may be held in a low tone of voice; (3) that the space between tables may be sufficient to prevent conversation from interfering with that at other tables; (4) that round tables should be used, to give easy service." (Bulletin No. 1, Conference Committee of Wellesley College on College Living Conditions.)

If through the same thought and consideration that have been given to the subject of foods in general we can secure a more quiet and dignified atmosphere in the dining room and can teach the students more of the courtesies of life attendant on good table service and good manners, we are working toward raising the standard and type of person that we are sending out into the life of the world.

## PROBLEMS CONNECTED WITH STUDENTS' FOOD

This subject was discussed by Elizabeth Goodrich, Simmons College, Boston, Mass.; Mary Uri Watson, MacDonald Institute, Guelph, Canada; Alice Loomis, University of Nebraska, Lincoln, Neb.; Isabel Lord, Pratt Institute, Brooklyn, N. Y.; and E. D. Proudman, Hampton Institute, Hampton, Va.

The essential facts brought out in the discussion follow:

*Miss Watson:* The service in our men's dining hall is family service—the bell rings, the men come in all together, everybody is served at once, and half an hour later most of the men are gone. One waitress serves three tables, each seating eight or ten men. Her work is facilitated by three special pieces of furniture, namely, a food truck, a buffet, and a beverage box. All are finished in the same wood as the room and are most attractive. The food truck is on the same principle as those used in hospitals, fitted with rubber-tired swivel wheels, insulated walls, aluminum lining without crevices, wire shelves and an electric bayonet heater; three doors open horizontally forming shelves. The truck may be rolled into the kitchen, loaded up with the soups, tureens, vegetable dishes, and meat platters, and rolled back to the dining room before the men arrive. Courses are placed on the table and soiled plates quickly returned to the truck. After the men are gone, the tables are cleared into the truck, the truck rolled to the dish-washing room, the dishes transferred to baskets of the dishwashing machine, the truck cleaned and rolled to the other end to receive the clean dishes which are then returned to the dining-room for re-setting tables, or stored away. The cost of these trucks is between \$70 and \$80. The buffet is not on wheels. It has three shallow drawers at the bottom for the storage of silver, and tumblers. The top is insulated, shelved, and heated like the truck, and is the plate warmer for the three tables. Cups and saucers are set on trays—four to a tray—which are stacked in the buffet. Beverages are made in great urns in the kitchen and filled into aluminum pails fitted with urn-taps. A pail is placed in the beverage box, which stands on top of the buffet. This is simply a wooden box, with a lid and double doors, which hides all of the pail but the tap. The box is not insulated, but beverages keep hot in it for several hours. There is no rattle of cups and saucers, as the tray is held to the tap for filling, and then carried to the table, and there are no complaints of cold tea or coffee.



While our department can not calculate per capita costs from day to day, or even week to week, exceedingly useful stock books are kept. Sheets of good quality linen paper are printed with our own account form. Each kind of article (e.g., brown sugar, granulated sugar) has a page to itself, on which is recorded the date of purchase, price, total cost, and where it was distributed. At the end of the year the different columns are totaled. These pages are kept in ordinary spring-back binders and are all filed alphabetically under two headings—Food, and General Supplies. This perpetual stock book saves many steps, economizes office time, and prevents worry in search of information regarding quantities. It tells at a glance the quantities on hand; it makes it an easy matter to follow the rise or fall of prices; and is especially useful in preparing annual statements. The time taken to post the items from accounts to the stock book is time well spent.

*Mr. Proudman:* There are two sides to the boarding department problem—the economic or accounting side, and that of the dietitian who is responsible for the food served. The accountant naturally brings pressure to bear to reduce costs, while the dietitian wants the students well fed and satisfied. At Hampton Institute, the aim is not to cut the quality of the food, but to give the students a plain, well balanced ration at as low a cost as possible.

We charge our students \$11 per month for board, laundry, heat, light, and furnished room—only  $36\frac{2}{3}$  cents per day. We can not make our boarding department pay its expenses, and our problem is how much of a deficit to allow.

When we began the study of our students' boarding departments, the per capita cost for raw food was averaging 20 cents per day, and our faculty asked to have it reduced to 17 cents.

We were able to effect our greatest saving in meats. There was not enough competition in our buying, and by giving this close attention we were able to make quite a reduction, so that even with the increased cost of some food stuffs, we reduced the daily per capita cost for raw food to 17.06 cents for the month of March, 1915.

During the present year, I have worked out a plan for keeping the dietitians informed of the cost of raw food. Each day at five o'clock I can give the cost of the raw food of each of the boarding departments for the preceding day. This we find to be of great assistance to our dietitians.

As each day's expenditure is reported, the dietitian can see whether she has exceeded the allowance, and she is given at the same time the amount already expended so far that month, and the total allowance. These figures are tabulated for reference at any time.

During the past year the lowest daily per capita cost for raw food for a month was 17.29 cents for December, and the average from July 1, 1915, to May 31, 1916, was 19.03 cents; that is, 0.19 cent less than for the same period the year before, while some food stuffs were much higher in price. The reason the eleven months figure of 19.03 cents is so much higher than 17.29 cents, the per capita cost in December, is that during the summer we have fewer students, while meat, for one thing, is much higher than in the winter.

During the time from July 1, 1915, to May 31, 1916, our overhead expenses, which include all other expenses of the dining room and kitchen, such as salaries, student labor, crockery, linen, repairs, was 8.15 cents per capita; this added to the 19.03 cents for raw food, gives 27.18 cents, the daily per capita cost of feeding our students.

2.00 P.M.

### Conference on Cafeteria Management

Elizabeth Goodrich, Simmons College, Boston, presiding.

A paper was presented by Anna M. East, New Housekeeping Editor of the *Ladies Home Journal*, describing the cafeteria management of the Curtis Publishing Company.

Miss East called attention to the fact that in the five years' existence of the cafeteria there have been just ten changes in the help. The very best salaries for that type of work in Philadelphia are paid, and the very best of food is bought.

The large dining room for the girls serves in winter about 1250, and in summer 900 to 1000. In the men's large dining room, 500 are served every noon, and as many at midnight. There are also three private dining rooms. To insure the cost of service in the private dining rooms, no lunch is served for less than 25 cents. The welfare department has worked out and printed a little leaflet telling the girls how to choose their lunches in order to get the proper food value. The food is well seasoned, and is attractively served.

Aluminum trays are used in the cafeteria for serving and have stood the wear very well. Most of the utensils in the kitchen are copper.

Mechanical dish washers are used, and there are separate rooms for the dishwashing. Since the opening of the cafeteria, but six per cent of the receipts have been spent for replacement of equipment.

There are three chefs for the two kitchens, and the other helpers have various definite parts of the work to do. The girls work from 8.30 a.m. until 5 p.m. and are each paid \$8 a week or over with board. There is no distinction between the food of those serving and that offered to other employees, or that served at Mr. Curtis' private table.

3.00 P.M.

### **Conference on Laundry Management**

L. Ray Balderston, Teachers' College, presiding.

#### **A STUDY OF THE RELATIVE COSTS OF DOING LAUNDRY IN THE HOME AND OUT OF THE HOME**

REPORT SUBMITTED BY L. RAY BALDERSTON

A questionnaire was sent out by the Laundry Committee to about one hundred teachers and workers in the field asking for printed price lists from laundries in their communities. With these lists were requested also prices for family wash, wet wash, rough dry wash in 100, dozen, and pound lots. The response was most cordial and the actual prices were obtained that families must pay for work done in commercial laundries in different parts of the country.

For comparative study, a more or less standard garment was chosen, such as the nightshirt of the man and nightdress of the woman; a shirt for the man, a shirtwaist for the woman, and a collar for each. Other garments were so irregular in style and construction that a comparative study was quite impossible.

The result may be summed up as follows:

1. Men's work much cheaper than women's—about 50 per cent.
2. West higher for all work except family work.
3. South cheapest in all work, due to negro labor.
4. Prices for rough dry about equal.
5. A decided drop in price for wet wash, and the price not at all definite.
6. Family wash and washerwoman's rate impossible to chart as the conditions vary so greatly. The variation in price is due to different usage in regard to giving meals to washerwoman, paying carfare, and in the number of hours of service, as well as to the difference in the wage rate.



8.00 P.M.

## SANITARY SURVEYS OF INSTITUTIONS

C.-E. A. WINSLOW

*Anna M. R. Lauder Professor of Public Health, Yale Medical School, and Curator of Public Health, American Museum of Natural History*

The application of scientific method to the affairs of daily life makes progress much more slowly than most of us would wish; and the principal obstacle which has delayed its advance is the indiscretion of its would-be exponents. The very name "efficiency" has become a byword and a hissing because efficiency has been so often unwisely sought on a basis of partial knowledge and with total neglect of the human factor in production. "Scientific management" has come near to being discredited for similar causes. The word "survey" in many minds summons up only images of turmoil and alarm, because so many surveys have been conducted by those who were experts only in the art of publicity and who were seeking, not the facts, but merely colorable evidence for the condemnation of the person or the institution which happened to be the victim of the moment.

Yet the fundamental principle of the "survey" is a sound one. Those who are immediately concerned in the conduct of any business are seldom trained in the methods of scientific investigation, and even if they are, the very closeness of contact, the daily familiarity with development, militates against a broad and well proportioned view of its relations. It is difficult for them to see the wood for the trees; the cumulative effect of gradual changes, instantly perceived by an outsider, is lost as the alterations in members of one's family, obvious to a visitor, are unnoted at home.

In order that an investigation of this kind shall be of service, however, it must be constantly dominated by three motives. It must be scientific; it must be constructive; and it must be coöperative.

It would seem perhaps unnecessary to emphasize these essential characteristics of a successful survey if they had not been so flagrantly ignored in conspicuous instances in the past. Surveys should deal with measurable facts, expressed in quantitative terms, so far as possible, and checked up by constant considerations of costs and of probable return. They should be governed throughout by a consideration of practical results to be obtained by concrete improvements. There is nothing at



all gained by mere faultfinding. Above all they should be carried out in intimate and friendly coöperation with the administrators of the institution surveyed. There are two perfectly good reasons why a study carried on from the external standpoint only is likely to be worse than useless. In the first place, while the scientific training and the detachment of the surveyor is of supreme value, it must always be checked up by the practical experience of "the man on the job." No investigator, however well equipped, can grasp all the local variants in a particular problem. What seems at first a mistake may in the special case be the best possible way out of peculiar difficulties. Really valuable plans for reconstruction must be the joint work of the science from without and the experience from within. Again, even if the investigator could by some miracle hit on the right solution for each problem, his report is of little use unless it is put in practice. The superintendent or other executive who is to carry it out will ultimately have the fate of the plans in his own hands. If his cordial sympathy has not been secured, if the plans have not in large measure become *his* plans, he can demonstrate their impracticability after the investigator has departed without turning his hand over and without even knowing how his prejudices have worked themselves out. A short period of bitterness and recrimination—then a comfortable relapse to the *status quo* with another black mark against the expert—that is the only result of a survey conducted in the spirit of the inquisition.

With this word of warning as to the spirit which must govern a survey if it is to be of value I may pass to a brief review of some of the principal points which should be considered in sanitary surveys of such institutions as those which are of special interest to the members of this Section.

Most of the points covered in such a survey fall under four main heads, Air Conditioning, Cleanliness, Toilet Facilities, and Preparation and Service of Food, and they may conveniently be discussed in that order.

In many cases a special study should also be made of illumination, with regard to the adequacy of general lighting and freedom from glare. In my own surveys I have always called in special experts to make photometric measurements and determine angles of glare; an excellent general description of the method employed in such studies may be found in a bulletin on The Hygienic Conditions of Illumination in Workshops of the Women's Garment Industry.<sup>1</sup>

<sup>1</sup>Schereschewsky, J. W., and Tuck, D. H., U. S. Pub. Health Service, Bul. 71.

*Air Conditioning.* Exhaustive investigations have shown that the evil effects of bad air are due not primarily to any excess of carbon dioxide or "morbific matter" or to any lack of oxygen, but to excessive heat and humidity.

The principal symptoms experienced in a badly ventilated room are due to the influence of warm still air upon the circulatory system. Such an atmosphere causes a rise in body temperature, and pulse rate, a fall in blood pressure, a general feeling of discomfort, and a marked disinclination to physical exertion; while it injuriously affects the mucous membranes so as to constitute an important predisposing cause of respiratory disease. Any temperature over 70° (except where the air is in motion) is lowering to efficiency and injurious to health. The installation of a \$75 system of ventilation in the operating room of the telephone exchange

TABLE  
*Relation of artificial and natural ventilation to air conditions, New York Office Building.  
Number of rooms of each type showing a given carbon dioxide content*

Carbon dioxide parts per 10,000 . . . . .	4	5	6	7	8	9	10	11	12	13	14	15	16
Rooms with exhaust over 30 cu. ft., window openings over 0.25 sq. ft. p.c. . . .	5	9	8	6	2								
Rooms with exhaust over 30 cu. ft., window openings under 0.25 sq. ft. p.c. . .		1	1	2	1	1							
Rooms with exhaust under 30 cu. ft., window openings over 0.25 sq. ft. p.c. . .			12	14	11	2	2		1	1			
Rooms with exhaust under 30 cu. ft., window openings under 0.25 sq. ft. p.c.	1	1	3	6	6	4	13	11	5	6	2		1

at Cambridge, Mass., was followed by a reduction in winter absences from over 4.5 to 1.9 per cent of the force employed.

One of the most important steps in a survey is to obtain an accurate idea of temperature conditions. This should be done by installing automatic thermographs in the important rooms and supplementing them by observations of temperature and humidity made with the sling psychrometer.

The results of such a study I usually plot on a distribution curve with temperatures as abscissae, and percentage of observations in each class as ordinates; and the results are sometimes surprising. In a large office building in New York, for example, I found 34 per cent of all observations between 72° and 75° F., and 9 per cent, 76° and over. In a university dining hall 28 per cent of all observations were between 71° and 72°,

and 16 per cent, 73° and over. On the other hand two window ventilated hospital wards in New Haven showed less than 5 per cent of all records over 70°, and a mechanically ventilated school in New York showed only 3 per cent over 71°.

Carbon dioxid observations should also be made with the Petterson-Palmquist machine or some equally reliable apparatus. Carbon dioxid is not in itself harmful but it is an excellent measure of the change of air necessary to avoid overheating and the accumulation of unpleasant odors.

Parallel with these analytical determinations, which must, of course, be made in considerable numbers to gain an accurate idea of existing conditions, there must go a careful study of existing facilities for heating and ventilation and their operation. Radiation surfaces should be considered and, if an automatic regulating system is in operation, individual thermostats should be carefully tested. They will very frequently be found in an extraordinary state of disrepair, unjustly discrediting a system which when in order will operate with reasonable precision. In the office building alluded to above, 52 per cent of 213 thermostats examined were found not to be controlling their radiators. In one room with three thermostats in disrepair the temperature for 21 days in February and March never fell as low as 70° during working hours and was usually in the neighborhood of 80°.

It may generally be assumed that when a room is so crowded that the floor area is less than 200 square feet per capita some sort of special ventilation will be required. As indicated by the table below either a fan exhaust of 30 cubic feet per capita or windows open to the extent of 0.25 square foot per capita will usually be necessary in order to ensure a reasonable air change.

If there is a mechanical ventilating plant the registers should be measured and their per capita area calculated. This area should equal about 0.1 square foot per capita. In one case studied by me 31 per cent of the register areas in an office building were inadequate and 54 per cent unnecessarily large. The air flow at the registers should be measured by means of an anemometer and checked up by measurements of the flow in the main ventilating ducts and studies of the rated capacity and actual performance of the fans. Sometimes the fans will be found to be of a totally inadequate type. Sometimes they can be made effective by simple changes in pulleys or motors which will permit of an increased speed. Sometimes trouble arises from the fact that the en-



gineer is saving coal by operating the fans at reduced speed or not at all. Sometimes the fan is doing its part, while wrong proportioning of register areas and the lack of volume dampers distribute the pressure so faultily that the air is changed too rapidly in one section and too slowly in another. In a large dining hall studied by me the exhaust at the end of the room near the fan was 26 to 33 cubic feet per capita, a very satisfactory value, while at the other end of the room it was 7 to 9 cubic feet.

The adequate ventilation of lunch rooms is a particularly important point and one that is very generally neglected. The great crowding that occurs in such places makes special mechanical ventilation almost always essential. An employees' lunch room in New York, for example, showed temperatures varying from 72° to 79°, half of the records being over 75°, with carbon dioxid value ranging, with one exception, between 10 and 20 parts.

Kitchens and serving rooms present very pressing problems of their own and almost always require special local exhaust ventilation to protect the workers from excessive heat and to prevent odors from permeating the rest of the building.

The remedy to be applied in the shape of provisions for necessary artificial air supply can, of course, generally be worked out only by a properly qualified expert. At times however the solution of a ventilation problem is fairly simple. I remember, for example, a hospital in Chicago, which had been greatly troubled by odors in the wards, where I found that the fresh air intake on the roof opened just over the soil pipe of the plumbing system and drew its foul air directly into the ventilating ducts.

*Cleanliness.* The general tidiness of buildings and grounds should, of course, be carefully noted, special attention being paid to the types of organic filth (manure, garbage, and the like) which may breed flies and constitute a menace to health. If opportunity permits it may be well to install large fly traps at various points about the grounds and estimate the number of flies caught in definite periods in order to indicate the seriousness of this particular nuisance.

The extent of floor area to be cleaned within the building should be estimated, the character of the floors and their condition noted, and the routine of the cleaning force observed. Six cents per square foot per annum is a reasonable cleaning cost, but worn wooden floors and complicated furniture materially increase this figure. It will frequently



be found that the lack of centralized organization militates against efficiency. I know a hospital, for example, where the cleaning of wards is under the direction of the superintendent of nurses, and that of tunnels and corridors under that of the housekeeper, while the dietitian hires and discharges the servants who have to do with the preparation and service of food.

The commonest fault found in cleaning is the use of dry sweeping and dry dusting methods, which appear to survive with persistent success all assaults which have been made upon them. In one such case I found 485,000 dust particles per cubic foot of air in the room before dusting and 694,000 when dry dusting was going on, an increase of 43 per cent. The use of sweeping compounds of some sort on floors and the replacement of feather dusters by cloth dusters treated with oil should be insisted on.

The replacement of wooden floors by composition or tile floors of approved type may often effect a saving in cleaning bills which will correspond to a very profitable rate of interest on the original investment.

*Toilet Facilities.* The toilet facilities provided both for patrons and for employees should be scrutinized with care, both in regard to adequacy and sanitary character.

The usual standard fixed by good practice, and in some communities by law, calls for one toilet seat for every 20 to 25 employees in a factory or office building. A much lower proportion than this causes discomfort and possible injury to health and leads also to a considerable waste of the employer's time. For example, in an office employing a large number of women clerks and with only one toilet seat for each 39 female employees I had a census made of the number of women entering the toilet rooms during each fifteen minute period. The number of persons entering a toilet room provided with only 36 seats rose to an average of 16 to 25 per minute for fifteen minute periods before luncheon and before closing time. My inspector reported that the flush tanks sometimes had not time to fill between flushings. Most significant, however, was the fact that the maximum crowding did not occur during the lunch hour or after closing time but began a full half hour before. The clerks who had evidently become accustomed to find the toilet rooms crowded had formed the habit of taking time by the forelock.

The character of the toilet rooms is of very real importance in connection with their possible rôle in the spread of communicable disease. The first essential is that they should be more than amply lighted—the

second that they should be fitted up with smooth and impervious walls and floor so that they can be kept clean. A dark, dingily finished toilet room is quite certain to be a dirty and a dangerous one.

It is most important for obvious reasons that ample facilities for washing the hands, including liquid or powdered soap, paper towels, and, if possible, warm water, should be provided in connection with all toilet rooms. It is also desirable that opportunities for the handling of the same object by different persons should be reduced to a minimum, particularly after the toilet has been used and before the hands have been washed. Automatic flush tanks or those operated by the raising of the toilet seat are therefore desirable, and the locking and unlocking of toilet compartment doors by a footlatch may be recommended as a counsel of perfection.

The provision of an adequate supply of drinking water is a point which should, of course, receive attention in any institution. It would hardly be necessary to point out the importance of securing a water supply of initial purity and providing for its consumption through some means other than the common drinking cup, if it were not still so easy to find common drinking cups in use—particularly in colleges and hospitals, according to my personal experience. Drinking water if it is cooled should be provided in containers in which it does not come in contact with the ice, as the additional pollution that comes from the handling of ice to be dropped into water is a wholly unnecessary risk.

A word should be said in this connection as to the provision of locker and lounging rooms for employees. These should be adequate, well lighted, attractive and orderly, particularly in connection with kitchens and dining halls where the self-respect of the staff is an essential factor in cleanliness and safety. Yet I have known of a rather elaborate dining hall with a basement locker and lounging room for 90 colored waiters having only about 200 square feet of free space between the rows of lockers, and with a dark interior locker and lounging room lighted by one 15-watt lamp for the white employees.

There are many good types of metal lockers now on the market and the inconvenient and dirty wooden lockers should be replaced as rapidly as possible. For men expanded metal lockers are perhaps preferable on account of the better ventilation which they offer, but women prefer solid steel lockers on account of their freedom from dust. Lack of provision of lockers large enough for women's hats is a source of inconvenience and disorder in many offices. It should be noted that the price of

steel lockers varies very widely and some of the more expensive types are scarcely worth the extra cost involved.

*Preparation and Service of Food.* The equipment provided and the methods in use for the preparation and service of food, of course, require a particularly careful study on account of the sanitary and hygienic problems and the considerable financial considerations involved.

Storage facilities should be examined in detail and special attention paid to provisions for refrigeration. It is surprising to find how many large lunch rooms and dining halls are provided only with wooden lined ice boxes often imperfectly cooled by ice. In a large hospital I had automatic thermographs installed in such ice boxes and found a meat room ranging between  $41^{\circ}$  and  $47^{\circ}$ , and usually over  $44^{\circ}$ , while a cooked meat and vegetable room was usually between  $44^{\circ}$  and  $50^{\circ}$ . These figures were obtained in May and the condition of food kept in these rooms in August must have been most dangerous. The installation of a brine or ammonia coil refrigerating system may often prove a real economy, particularly where ice cream is being manufactured.

The floor and walls of kitchens and serving rooms should not only be of impervious material but light-colored, and such rooms should be particularly well lighted. Cleanliness is very largely dependent on external conditions, and it is impossible to secure high sanitary standards in a dingy kitchen with worn wooden or cement floors and dilapidated walls.

From the standpoint of equipment the commonest defect I have found is the lack of a modern dishwashing machine. The old-fashioned tank machines do not rinse the dishes in clean water and are cumbrous and costly to operate. I believe that as a rule one of the newer patterns of washing machine will prove not only more sanitary but much more economical in operation.

The general cleanliness of handling of food and its protection from dust and flies should be noted. Kitchens and serving rooms should, of course, be free from rubbish and outdoor clothing, and pet animals and vermin should be absent. Special attention may well be paid to the method of handling waste materials, the condition of garbage cans and the presence or absence of covers.

The extent to which it is necessary that food should be handled in preparation and service is a very important and difficult one. Human contact is generally more dangerous than any other kind of contamination, and I am in hopes that members of this Association may some day conduct a detailed investigation, by time studies, to determine just how



much direct use of the hands is really necessary in rapid service. It is common in lunch room service for even slices of ice cream and, of course, meat and potatoes, to be placed on the plates with the fingers.

Until the handling of food is much less common than at present I consider special provision of facilities for hand washing, with hot water, soap, and paper towels, an essential part of kitchen and serving room equipment. Furthermore the systematic medical examination of kitchen and serving room and dining room employees is a most important measure of protection if it can possibly be attained. In any large group of employees carriers of the germs of diphtheria, tuberculosis, syphilis and typhoid fever will occasionally be found, and one cough or a single touch with an unclean finger may infect scores of patrons. New York City has adopted an ordinance providing that no person affected with communicable disease shall be permitted to engage in the preparation of food for the public, and compelling all such food handlers to submit to an inspection when required. Montclair, N. J., has gone even further in requiring that a certificate of examination shall be filed as a regular routine every three months by all food handlers in public places, and the Board of Health will furnish, for a nominal fee, certificates to servants employed in private families.

The general character of the food purchased should, of course, receive attention, and particular study should be made of milk and shellfish, the two foods which are most commonly responsible for outbreaks of communicable disease. It cannot be too strongly emphasized that no milk is really safe unless it has been pasteurized by the holding system (heated to 140°F. for twenty minutes) and such milk should show less than 50,000 bacteria per cubic centimeter. I recall recent cases in my own experience in which the milk used in a university dining hall averaged 770,000 bacteria per cubic centimeter and that used in a hospital, 1,200,000 per cubic centimeter.

Finally, some study should be made of the dietary values of the food supplied, of its protein content, and of the extent to which fresh fruits and vegetables are represented in the diet. An excess of meat is an exceedingly common fault in lunch room and dining hall menus, accompanied by a lack of salads and attractive desserts. The only remedy in such cases is the employment of a trained dietitian to superintend the selection of the food to be served.

*The Presentation of Results.* After the survey has been completed the most difficult work of the investigator begins. The engineering part,



the determination of facts and remedies, is comparatively simple. It is the psychological problem, the enlistment of active interest in proposed plans of reform, that requires almost superhuman skill. The men at the top of any large enterprise can usually think broadly along lines of efficiency and economy. The men in immediate charge of departments are often of a different caliber. They are commonly conservative and suspicious of novelty, and it must be constantly borne in mind that any suggestion of change is likely to be construed as a criticism and, at least subconsciously, resented. Yet it is these subordinates who hold the success of the plan in their hands.

First of all, then, the survey itself must be conducted in intimate co-operation with these subordinate executives. Each defect and each suggested change should be taken up with them. If they can only be made to feel that the survey is intended to help them, to secure the facilities they need and deserve, the fight will be almost won.

The report of the survey should be presented in clear and compact form, with graphs and photographs to illustrate important points and it should always be preceded by a very brief digest, setting forth existing conditions, criticisms, recommendations, costs of savings and advantages.

Finally, as a last precaution, before the report is finally turned in, I always secure a conference of the higher executive and all subordinate executives affected, and go over the criticisms and recommendations point by point so that I may either secure a general approval of the principles involved and a general endorsement of the accuracy of the facts presented, or have an opportunity of joining issue with critics in open meeting. This procedure, which I learned through association with Dr. Hollis Godfrey, President of the Drexel Institute, and one of the ablest scientific management experts in the country, has proved of incalculable benefit.

I cannot close even this brief paper without expressing my appreciation of the opportunity of speaking before the Home Economics Association, because of my appreciation of what its present members are doing, and, above all, of what its founder did, for the cause of scientific living. At the Fifty Year Memorial meeting of the Massachusetts Institute of Technology a fortnight ago, one name, among all the great names in the history of the Institute, was cheered longer than any other, the name of Ellen Richards. It was my privilege, as it was that of many of you before me, to be a pupil of Mrs. Richards in the flesh; but all of us who are working for the better ordering of the affairs of daily life are, and for generations will be, her disciples in the spirit.

STUDIES OF LABOR PROBLEMS IN HOUSEHOLD  
EMPLOYMENT

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The subject, as stated in the program, is "Labor Problems in Institutions." May I take the liberty of enlarging that to include the labor problems which concern all those people who are doing our cooking, serving, cleaning, dishwashing, laundry work, and general household duties, wherever performed, whether in an institution, a private home, or a hotel? I have two reasons for doing this. First, because it will be easier for you to understand your labor problem if you see it in its large relationships; second, because I believe that the main reason for the present difficulties in household employment is to be found in the fact that there has never been any serious collective thinking on the subject. The greatest drawback to progress in those occupations controlled by women is the individualistic attitude which says: "If I am above reproach in *my* labor relationships, I have nothing to do with what my neighbor does." No one who is an employer of household labor—cook, chef, general maid, janitress, scrub woman—is without a share in the responsibility for the status of the occupation as a whole. If the status is low, she is an accessory to the fact unless she is taking active measures to raise the status.

There seems to be no doubt as to the status of household employment. Among wage earners it has the lowest rank. Even employers, when off guard, reveal their lack of respect for the occupations when they make such casual remarks as, "Oh, well, she didn't know enough to do anything else, so she had to do housework," or "she is only an ignorant foreigner so she had to go into domestic service." Housework seems to be the drag on the progress of industrial life; no industry has been so slow to accept modern ideas and methods, and the causes are to be found, not so much in the facts, economic facts which might prevent progress, as in ideas—in the realm of psychology.

Old traditions, conceptions, ideas still hold sway with a tenacity truly astounding when the facts which first created the conceptions have long ceased to exist. Let me speak of a few of these beliefs which are the barriers to progress in the occupation.

1. The belief that housework is the safest and best place—morally—for a girl; that department store and factory work offer temptations and opportunities for incorrigibility and even crime, not found in the shelter of a home, or institutions run on the home plan. So strong has been this feeling, that there has been a very general fear on the part of the public that women's entrance into public industries would have a degenerating effect on their morals, and that there would be a perceptible increase in crime. As a matter of fact, what do we find? Let me quote from the Government report on the relation of criminality to occupation. Officers in charge of criminals report "that during the last thirty years, the period within which new fields of industry have been opened to women, there has been no increase of criminality which could be traced to new occupations." It is the general opinion among officials that criminality among women is diminishing—"We don't get as many women as we used to." This is corroborated by the United States Census Bureau in study of juvenile delinquents. "While the number of women gainfully employed has been everywhere increasing, the relative number of female offenders has diminished." The new occupations made a very good showing: "they have a certain disciplinary and educative value in themselves, and the kind of women ordinarily found in ranks of misdemeanants is hardly qualified to enter them. Stenographer, book-keeper, cashier must have force of character, sustained purpose; saleswomen may not require so much training but the discipline of the position is no less exacting. Training in systematic and sustained industry, in promptness, in obedience to recognized authority, tends to build up a type of character which renders its possessor very unlikely to come in conflict with the law." It is apparent that the decrease of criminality among women is not only an accompaniment but in part a consequence of their wider industrial opportunities.

In consulting the figures in regard to the 2000 women incorrigibles and criminals investigated, we find that 70 per cent of them were waitresses and servants from both institutions and homes, while waitresses and servants form only 24 per cent of the total number of wage earning women. Taking domestic pursuits as a whole, we know that they form 40 per cent of the wage earning group—and yet in this investigation 77 per cent of the women were in some kind of domestic work for wages. On the contrary, while women in manufacturing and mechanical pursuits form 25 per cent of the entire wage earning class, they furnished only 16 per cent of the criminals. It will be seen that the domestic



pursuits (especially waitresses and servants) form far more, the manufacturing and commercial pursuits far less, than their proportion of criminals. These same facts have been brought out by vice commissions in Minneapolis, Chicago, Baltimore, and elsewhere. The Juvenile Protective Association of Chicago, after its investigation of conditions under which girls work in hotels, brought out the same facts. "The majority of girls who work in hotels go wrong sooner or later." The institutions which stand between the home and the hotel are not exempted from any statements regarding the moral hazards in domestic work.

I have tried to secure information on this subject from other sources, and, although there are no other figures, facts point to the same conclusion. Dr. Annie Daniels, who is in charge of the out patients of the Women's Infirmary in New York City, and because of her big heart is called the angel of the East Side, said that in the home for women inebriates practically all who came were from domestic pursuits. The only conclusion to draw is that "domestic pursuits either are carried on under conditions which tend to break down character, or there is something about them which attracts those of weak and undeveloped morality." One alternative is as bad as the other.

2. The second belief which women insist on clinging to, is that housework is intrinsically healthful. That may be true in a way. General housework may offer opportunity for motion, exercise, use of all the muscles, variety of tasks, but to offset that there may be exposure because of excessive heat in the kitchen; the kitchen may be unsanitary; the bedroom may be sunless, dark, uncomfortable; the work may be monotonous, as scrubbing in an institution, chamber work, waitress work. Moreover, any health possibilities may be offset by the excessively long hours, confinement within four walls, and loneliness. Women forget that work itself cannot be isolated from the conditions under which it is performed. Machine operating in itself may not be more conducive to health, but if performed in a modern, well-equipped, sanitary, ventilated, sunny factory for eight hours a day, six days in a week, with no speeding-up, the operator might actually improve in health. The point to emphasize in this connection is that the whole community and nation is bending its efforts to make factory work healthful, while the public serenely close their eyes to the unhealthful conditions in domestic service. The prevalence of tuberculosis and nervous disorders among housewives surely does not prove that housework produces



healthy women. There are nearly twice as many deaths from tuberculosis per 1000 women in household service as in any other occupation (Census 1900). The Juvenile Protective Association in its analysis of the morality among waitresses lays the blame to the depleted vitality caused by confinement, long hours, and poor food, as well as lack of proper recreation; and how is proper recreation possible with living in confinement and long hours? The figures of life insurance companies do not show that domestic service is above the average in health status. The figures I have seen, and they are very meagre, give domestic service a slightly higher rate of mortality than the whole group of occupied women. And in the only state where domestic service comes within the operation of the compensation laws, insurance companies have quoted a higher rate than for clothing, candy, tobacco, silk, department store, and other industries. I have tried in different ways to get facts on this subject, but the scarcity of material again goes to prove that the public much more loves to take things for granted, when it comes to domestic service, than to get at the truth. However, we have a sufficient amount of scattered testimony to indicate the subject is one greatly in need of investigation.

3. The third idea prevalent among the American public, is that housework prepares a girl for her future life as wife and mother. Whenever a household employer feels a trifle conscience-smitten because she cannot close her eyes to certain hardships in the occupation, she usually can coax back her self-righteous feeling by saying to herself: "Well, housework is what every girl needs to know, and I'm really doing her a favor in teaching her how to be a good housekeeper." And when it comes to an immigrant girl, the housewife feels doubly righteous, for she can say: "I taught her everything she knows." That domestic work prepares a girl for her future career is a fairy tale that we should ruthlessly expose. Why is it that social workers among immigrants prefer to have girls go into factories rather than into homes? It is because they can then live with their own people under the safeguards of community life, where they can gradually become Americanized in the family group. It is the isolated, lonely girl, with no protection which she can understand, who is likely to grasp at any chance for excitement and change. If the immigrants speak absolutely no English, they are frequently sent to institutions for chamber work, laundry work, or any kind of heavy work, and, knowing nothing of American customs or laws, they are overwhelmed and exploited both by employers and employ-

ment bureaus. These things do not prepare an immigrant girl to be a wife and mother—and not at all to be a responsible citizen. What, after all, is the future life of a girl—only to know how to scrub or to cook? Must she not in some way be prepared to be a citizen, a social being instead of a narrow-visioned, individualistic being? But that is the last thing household employers consider. Why should a cook, a laundress, a waitress, wish to belong to a church, a club, a Young Women's Christian Association, go to a settlement, join a class, a union? and as to joining any civic project—that would cause hands to be held up in horror. She is learning the traditional pursuit of woman, and that should be sufficient. As a matter of fact, the discipline, the being held up to a standard, the competition, the training in the use of money for one's entire support, the living in one's own family and in a community, the opportunity for social life, recreation, and education in the evenings and Saturdays, which are the conditions of factory work, are better calculated to develop a well-rounded woman, a responsible citizen, than doing housework isolated from the rest of life. We have long ago given up the idea that a woman's activities must be confined to the four walls of her home in the care of her husband and children, and yet we can without flinching say that the best thing to prepare a girl for her future life is to shut her up in some stranger's house, with no chance for those contacts which are supposed to develop us. Housework produces a purely individualistic woman, unless there is leisure for compensating social activities. This the maid does not have either in the private home or public institution.

The great trouble is that people cling to these old beliefs which might have been true at some period in our history, and refuse to face the actual conditions. There is no effort to discover actual conditions. In fact there seems a determination not to let the truth be known. Why, may I ask, is it a violation of the sanctity of the private home, or the institutional home, to let the public know how many hours the employees work each day? Facts much more private than that are divulged every day. Think of the things we tell about our families to the census man, to the public school officials; our children in the schools have their heads and teeth examined; the teachers know whether we are too poor to buy text books or too rich to use school materials. The maids, and therefore the public, know how difficult it is to get money from our husbands. We tell about our births, deaths, and marriages. We ourselves feel no hesitation in going into poor homes and finding out whether the mothers

wash their babies, and whether the kitchen cupboard is clean. We feel privileged ourselves to investigate everything, and then cry "hands off" when it is a question of how many hours *our* maids work, where they sleep, what they eat, how we treat them personally.

This situation is perhaps due in a measure to the attitude which men have formerly taken toward women. Having for so long denied women the privilege of taking part in outside affairs, it has come to be an accepted idea that in the home women by instinct know everything and do everything rightly; no questions should be asked in regard to the management of a home, is a general attitude. This privacy and protection of what is taking place inside the home give ample opportunity for the growth of abuse. This shibboleth of the sacredness of the home, the fear of revealing truths and admitting facts, has had its effect in leaving the domestic occupation without any of the ordinary protections of the law. Thirty-nine states have passed laws limiting the hours of working women. In only nineteen of these states are workers in hotels and restaurants included, in only five are workers in public institutions included, and in no state are the workers in private households included. To the girls who look not so much on the type of work to be done as on the conditions under which it is performed, the fact that it is perfectly legal to call upon them to work fourteen or sixteen hours a day, seven days a week, makes, at the very start, domestic work less desirable. Even the 1915 child labor act of Pennsylvania, which prohibits child labor, exempts from the operation of the act all children employed in domestic service in private homes.

All the compensation laws except that of New Jersey have a clause somewhat like this: "The provisions of this act shall not apply to actions to recover damages for personal injuries sustained by domestic servants and farm laborers."

This leniency with which the Government looks upon the regulation of domestic occupations, you may say, goes to prove that conditions are not very bad after all. There might be some validity in that argument if it were not offset by the plain, undisputable fact that wage earning women refuse to do housework. Working girls are not fools, they are not blind; if domestic service were so superior to other occupations, if it gave them more of life, real life made up of work and play, family ties, companionship, health and happiness, freedom to advance, to be somebody, they would not pass it by. As a matter of fact the whole problem of domestic service hinges on the boycott of the occupation



by self-respecting, ambitious, capable girls. If the occupation were intrinsically so good, and there were only a few minor abuses to rectify, women might remain in it, form a union, and fight for a betterment of conditions. But the Trade Union officials find it a hopeless task to try to organize domestic workers; they never can come together because of their indefinite hours. This gives the workers absolutely no redress against abuses of any kind in the occupation. Perhaps this is one reason why employment bureaus can to such a large degree exploit domestic workers. They know that under the law these workers have no rights, and that there are no regulations of any kind as to standards for the conditions of work. The fact of the exploiting employment bureau is enough to give the occupation a very low social rating. It should be a matter of great shame to women that the one occupation which they control should be so notoriously exploited by bureaus. These bureaus, by the way, are also usually run by women. Wage earners are pretty good judges of the good and bad points in an occupation. Their entire life, as Florence Kelley says, is a fight against the encroachment of work so as to preserve time to live. They think these ideas which the public holds about the beauty of housework are all nonsense. Work is work to them and they are ready to do any kind, provided it does not squeeze out of life everything but work.

Girls feel that household work encroaches upon their whole life. No matter how hard the factory and store work is, if they only have to work eight or nine hours a day they will prefer it to the sometimes easy work in household service. This was clearly shown in the answers of the working girls who were asked by the Commission on Household Employment to discuss the relative value of household employment and other industrial occupations. Through the Federation of Industrial Clubs of the Young Women's Christian Association we were able to interest groups of girls in seventeen cities in different parts of the United States in the discussion. The object was to discover why intelligent, ambitious, wage earning young women are choosing the factory, the office, the store, in preference to household work. Questions were asked calling for comparisons on the following points: wages, hours, health, place of living, opportunity for social life and recreation, opportunity for marriage, and social standing. The unanimity of the answers was convincing. Girls in household work placed about the same estimate on the occupation as the girls in the factory or store. To sum up the wage earner's opinion on household employment: Household employment carries within itself



no objectionable features, may be healthful, and frequently pays well; but it is performed under conditions which prevent self-direction and self-development of personal life. These conditions are long and irregular hours, and the servile treatment by employers and public. This second condition, servile treatment, usually referred to as the social stigma, is but the accompaniment of the long hours which prevent the worker from taking her place in the community life on a par with other workers. Answers to the question: "Would you advise your younger sister to go into household work?" read like this: "Under the present conditions of the domestic worker, I should say a decided 'No.' However, if she were employed at regular hours and salary, and respected as are employees of a first-class house, I should say 'Yes.' Then she would have time and opportunity to gain in education and experience, as she would have time off to meet people, read, talk, and entertain, which are as educating as schooling. She should live at home where she has the proper kind of friends. Reduce the hours, arrange things so that the girl in domestic service will not feel that she is a servant, as she is looked upon now."

When asked for suggestions for placing the occupation on a higher plane, the emphasis was laid upon the regulation of the hours and therefore the systematizing of the work which alone would make possible the regularizing of the hours. As one household worker puts it, "Most maids could accomplish more work in less hours, if they had regular hours." The solution lies in this terse statement: "Start a training school to teach ladies how to keep house."

In order that our estimate of household employment might have a substantial basis, our Commission consulted the foremost vocational educators in the United States, those who are giving their entire time to the study of the girl and her job. Their opinion corroborated that of the girls themselves. Under the present conditions obtaining in the occupation, girls are not willing to do housework, and the vocational schools will, as a rule, neither advise them to enter it, nor train them for it. Exceptions are beginning to be made in those departments where the work can be systematized and the hours regulated, and herein lies the hope for the future. The educators lay great stress on the responsibility of the employer for the present status of the occupation and for changing the conditions so that household employment may be made to conform with modern ideals in industry. Only then will the social stigma vanish and the occupation resume its rightful place in our industrial world.

The pertinent question before us is, how shall the situation be changed? By the same process by which any other industrial abuse is rectified. Agitate, educate, tell the people the truth, find out what the truth is, let there be scientific surveys of the occupation as there have been in other fields, and eventually let the Government and the law exercise the same protection over domestic workers as over others. Legislate as to our homes and institutions? You ask. Yes, why not? Every good that has ever come to women in labor eventually finds its way into a law or status. Law is not always a forced rule on people. It is the way we have of putting ourselves on record as to the standard we are trying to live up to. It is no disgrace to be a part of the law. We are tremendously proud of ourselves if our state will not allow factories and department stores to work more than eight hours a day. It is a matter of pride, not of shame. This will in time come to be our attitude toward all industries. Especially should this be our attitude toward domestic workers, for, in the nature of the case, these workers will never have equal facilities for coöperative movements with, for instance, factory workers, because of the isolation of the majority of workers.

Of all employers of domestic workers, those in institutions are in the most advantageous position for beginning to raise the standards in the occupation. The private housewife, because of tradition and custom, because of the difficulty of adjusting the work and hours when there is but one worker, because of the variety of claims of husband and children, and especially because she, unlike the institution manager, is untrained, will be slow to readjust the conditions of labor in her home. She will have to be pulled along with the more advanced employers. Educational and religious institutions should take the lead. They, if any, stand publicly for the principles of social justice. The Industrial Board in Pennsylvania, in giving its rulings for including women employed in hotels and institutions in the law on one rest day a week, said in regard to institutions: "Such institutions being entrusted with funds for beneficent and religious work for the public should so operate these funds as to benefit all connected with their operation, and because of the high idealism in the founding of such institutions they should be foremost in establishing ideal labor regulations." And yet few have felt their responsibility for bettering the occupation. A member of the Pennsylvania State Industrial Board told me that it was institutions, public and private, which protested against complying with the new law. The excuse they gave was that they were not commercial enter-

prises, but partook of the nature of the private home, and therefore were privileged, I presume, to continue all the abuses of the home. The old feeling that the law has no right to put its hand on anything approaching a home is difficult to eradicate.

At the Biennial Convention of the Federation of Women's Clubs held in New York, we tried to push through a resolution asking the Federal Government to make a survey of all domestic occupations. The resolution was passed at a joint session of the Home Economics Department, the Industrial Relations Department, and our Commission on Household Employment. It was turned down by the Resolutions Committee and the whole matter referred back to the Home Economics Department. The fact that they did this confirmed a statement made by Mr. Royal Meeker, of the Department of Labor at Washington. He said that the Department was ready to conduct a survey but that it would not be wise to attempt it until a demand was made for it by women themselves—at present he feared any such attempt would be resented as interference. The fact that the Department of Labor is waiting until women make a definite request for the help of the Government in finding out the truth about domestic occupations, made the turning down of the resolution by the Federation of Clubs seem more to be regretted. We must know the truth before we can remove the difficulties in the occupation, and in order to know the truth facts must be known. All thinking people feel that this survey must be made and the first step is to educate women to the necessity of it, so that they in groups, such as the Federation, the Young Women's Christian Association, The Home Economics Association will make the request to the Departments of Labor, both State and Federal. There may come a number of limited surveys first. For instance, I could imagine your institution section sending a questionnaire to all its members, asking for the schedules of hours of all employees, whether or not their institution is living up to the standard of hours set by the State as the maximum for women workers, asking about the time off, whether the workers have a six or seven day week, about vacations, living conditions, and food. You could use your influence in your own State in requesting that your State Industrial Commission include domestics in all its study and its protective legislation.

You will be interested in the beginning the National Board of the Young Women's Christian Associations has made in bringing its institutions to a higher standard. A few months ago we opened a new cafe-



teria in New York. It serves from 1800 to 2000 people a day, and employs about fifty workers. In order that the hours, the amount of work, and working conditions should conform with the standard set by those who are supposed to understand the capacity and needs of wage-earning women, we have called in a leading member of the waitresses' union as our consultant. Although New York does not require an eight hour day, we have adopted that as our time standard, as it is the one advocated both by the Consumers' League and all Trade Unions. We hope that the sentiment for conforming to current labor standards will spread throughout our movement and that soon we shall be able to say that all our Association institutions, boarding homes, restaurants, cafeterias, administration buildings, are above reproach in their labor regulations.

I trust that this matter will be discussed in all other sections of the Home Economics Association, perhaps under your leadership, and that the result will be a memorial from you to the Government asking that a survey be made of all domestic pursuits—in the home, the institution, the hotel—in order that we may have the requisite knowledge for reorganizing the occupation to meet present day industrial standards.



**General Session, Thursday, June 29****THE TEACHING OF SEWING**

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Before telling how and when we should teach sewing, let us consider for a few minutes how we obtain our clothes. Next to food clothes are to us a great necessity; they are one of the necessities of human life. We cannot dispense with them; we must have them, and nothing expresses our individuality and personality as much as clothes. If we do not want them to appear as if they should be a mere covering or protection we must pay attention to them.

When we want garments we may go to the best dressmaker or the best tailor we know; we put ourselves, so to speak, in their hands. Sometimes we choose material; sometimes we leave it to their judgment. If the garments that come home are satisfactory we do not regret the big bill, a bill sometimes out of proportion to the result. Sometimes a garment is a real disappointment; it does not adjust; we are dissatisfied; it does not look as if it belonged to us; then we feel that a great deal of time, money, and energy has been wasted. At another time we may take a dressmaker into the house; then we look at the clothes she made; we figure up the cost, and we say: "Never again; these clothes are not worth it." Then, again, there is a third way of obtaining clothes—the way chosen by most people in this country—that of buying ready-made clothes. Are they satisfactory? For those who can buy stock sizes they may be. For those who have a very erect figure, those who are round-shouldered, those who cannot get the size season after season, there is truly a tribulation waiting; they must have a great deal of patience and money before they are well clothed. In buying these ready-made garments we cannot get what we want. We have to buy what we can get. A year before we buy our garments the merchants and manufacturers get together and decide on the color we should wear and on the material we should have; they also decide on the length of the skirts, and on the width and cut of the coats. We have no choice in the matter. We may find fault with certain styles; we may object to the flimsy waists; we may rise in righteous indignation over the footwear we see displayed in the shops, but the public has no choice in the matter; it has to buy what is laid before it and pay the prices that are asked.

Is there a remedy for this? Education has solved many a problem, and education can also solve this one. When I look about and see the earnest conscientious work which has been done in comparatively short time in foods, sanitation, and housing I feel that this problem of clothing will also be solved in the near future.

To help answer the question when shall we begin to teach sewing a very interesting experiment has been made in Milwaukee. In a private school it was announced that lessons in sewing would be given to those children who wished to attend. The first Saturday 125 little girls applied. This school has now been opened for six years, and there are 245 to 275 children meeting every Saturday from 2 to 4 with the ladies of that community as teachers. This is their program. In the second grade they make little pin cushions. They learn the stitches on a cheap canvas. In the third grade they make a little flannel petticoat, with a lesson on the button hole. The work is poorly done, I can assure you, but the children make an attempt. In the third grade they also make a little kimono. In the fourth grade they make plain night gowns; in the fifth grade they make their cooking aprons and caps; in the sixth grade they begin to use the sewing machine; they make a fancy night gown and drawers and petticoat; in the seventh grade they make a middy blouse and skirt; in the eighth grade a combination suit. This is the graduation class.

The European countries have long ago recognized the value of sewing in the schools. Over a hundred years ago sewing was obligatory. Sewing and needle work have been obligatory in France, Germany, Belgium, and Switzerland since 1836. No French teacher is allowed to have a teacher's certificate unless she has acquired a number of credits for sewing. Early in 1880 the straight line systems were introduced in all the schools in Germany, France, and Switzerland, and that made sewing more popular; that put sewing on an educational basis, and in 1885 Shafer and Amons, professors of public instruction in Paris, published a text-book which had been officially recognized for the Parisian Girls' Schools. This book deals with housing, social customs, the work of the mistress of the house, hygiene, first aid to the injured, clothing, rents,—in fact everything a housekeeper should know.

European countries are thickly settled, 600 people to the square mile. These people are comparatively comfortable, but it is only due to the fact that the women are taught how to sew, how to spend money wisely, and to exercise the strictest economy. Conditions are infinitely

better in this country. Yet we are told that over 80 per cent of the people in this country must get along on less than \$600 a year. Now, how will people meet the conditions? How will the young girls, if they do not earn money enough to satisfy their natural desire for pretty clothes, look neat, and clean, if they cannot make and mend their clothing. While I was in the Girls Trade School in Milwaukee many a girl of 14 or 15 years of age came to that school who could not sew on a button or mend a tear in a garment. We do not need to stretch our imagination; what will become of that girl after she leaves school if she becomes a mother and a wife? I think that the untidy home, the ragged children, unsatisfied husband, and everything that goes with it looms pretty clearly before that girl's vision. If the Home Economics Association could bring about well graded courses in our public schools, I feel that the work of the associated charities and of the vice commission would be greatly lessened.

Sewing can be greatly systematized, but in order to systematize it there must be good courses of study. These must be complete, well-graded, and uniform. Sometimes course are overloaded, or there is a great deal of repetition. At other times the essential fundamentals are not taught. Courses of study should be practicable, workable, and have an educational end in view. When sewing is taught one thing to be emphasized is the teaching of short cuts. Sometime ago a friend of mine received a letter from an Eastern State asking her what she thought of a course of study which included a corset cover all made by hand. We decided that it was entirely wrong. If our standards were those of Belgium and France where no woman of culture wears machine-made garments, this would be different, but in this country where machine-made garments are accepted why not teach the girls what they use when they get out of school. I would emphasize short cuts; cut out all of your basting in underwear and cotton garments. Cut out all of the basting wherever possible, but do not sacrifice standards for short cuts.

What shall we do with the drafting of patterns? I do not think that the commercial systems of drafting have any place in our schools. Their educational value is almost negligible; besides, where they are used it makes the girls so dependent that if they used them afterwards they could not go from room to room, from house to house, without being burdened with the paraphernalia. If the straight line systems can not be introduced, it is best to use commercial patterns, but the teachers who have used commercial patterns know the hardship which attends their use. In experimenting with four commercial patterns of size 36,—as



much as an inch difference in the neck size was found, sometimes  $2\frac{1}{2}$  inches difference in the arms. The skirts also give much trouble. They are bought by the waist line and sometimes do not give the hip measure. Sometimes they measure 44 where they should measure 38; sometimes there are six inches to take out.

The human figure is very symmetrical. If we make our children see and write on the blackboard that the measures are so and so, we find that we not only help the teacher in arithmetic, but we make the work interesting to the children. If we can make them see that out of the bust measure and the length of the back, they can regulate their pattern; for instance, if they are taught that the back is  $\frac{2}{3}$  of the bust, the waist  $\frac{2}{3}$  of the bust, the neck equal to the back, and that the length of the arm is one and one-half the length of the back, and let them test these facts the interest of the class will be aroused, and they will know whether their patterns fit, and if they do not, we make them do it over. Another point is this so-called balance point. If the skirts do not fit I always insist that the girls put on their waists on the belt before they come for fitting. Tell them that the lines must follow the plumb line and the children can tend to that themselves.

There is also the question of fashion plates. They can be analyzed like individuals. We know that there are eight units in the human body. We know that one is at the nape of the neck; one at the arm pit; one at the waist; one on the hip, and so on. If the fashion plates are tested to see on what scale they are drawn students can make their own patterns. Of course they must have the underlying principles of drafting; they must know that out of their foundation skirt with a few lines they may make a five or seven gore skirt. They have to learn all these principles but when they know them it is very easy to apply them. They go on independently; you will be surprised at the results obtained in a comparatively short time.

I just want to call this to your attention. Clothes mean about \$75,000,000 to France; in this country we have thousands of thousands of intelligent girls in the factories; we are fighting for minimum wages. If these girls could get the proper instruction I think we should help the economic conditions of this country greatly. There are untold possibilities. If we can give such instruction to the girls, we can train designers in this country; we can be independent; we shall not have to depend upon other countries bringing work here. And I think if we work on these lines sewing will be what it should be, a pleasure and a joy to a great many and a blessing to the country.



## STANDARDIZATION OF WOMEN'S CLOTHING

ETHEL RONZONE

*University of Missouri*

We have for a long time been using the knowledge available concerning foods and nutrition in planning our daily dietaries and feeding our children, but in the application of scientific knowledge concerning our body, and concerning its functioning, to the clothing of our children and ourselves, we have fallen far short. We must look at this problem from every standpoint, we must consider the industrial conditions that are connected with the production of clothing, and we must consider the economic waste in our present system of competitive dress, and the effect of this system on society as a whole. We must consider too, the hygiene of clothing, the application of all the knowledge that we have concerning the body, its needs and its functioning, as well as the knowledge that is available concerning materials and the selection and construction of our clothing. We are spending a large amount of time on the selection of clothing, but that does not indicate that we are solving the problems in any way; it merely indicates the seriousness of the clothing problem. We ought not to spend so much time with such a small result.

In America our class lines are largely those brought about by the pecuniary standing of the individuals. These class distinctions are emphasized largely through dress, and this causes competition, which is shown by our very frequent change of style, by the use of adornment, and, as is brought out by Veblen in *Theory of the Leisure Class*, by the wearing of expensive materials, and the restriction of the body, so that work cannot be done efficiently, as is shown by the tight clothing, by some of the shoes worn by women, and by heavy skirts and long trains. The ever changing fashions which mean that clothes must be thrown away before they are worn out, and new ones put in their place bring about a very great economic waste. If we cannot afford to buy new clothes then we waste valuable time in remodeling old clothes. Cheap materials are now being manufactured; we see no such silks as our grandmothers wore for a generation; we have none of those products now, or very few. Our silks are heavily weighted so that they wear out quickly.

Another source of economic waste is the amount of trimming that is added to the garment. The trimming does not, in any way, increase the

value of the garment for protection; it is merely there for competition, and so is waste. The time that is spent in planning clothes, the time of designers, who spend their entire time in making new designs, not to fit the needs of women, but to increase the quantity of clothes bought, is also wasted. Furthermore the time of the individual woman herself which might well be spent for something that would make for social advancement, is spent in planning new clothes and making clothes more attractive than those of the other people with whom she lives. The tendency for women to compete in dress is exploited by the manufacturer and by the designer, who work together to try to make the change in fashion as great as possible so that materials cannot be used over.

Besides this class competition we also have competition for the purpose of sex attraction. We are all familiar with certain customs for calling attention to sex characteristics, such as wearing the garments fitted to bring out the peculiar lines of a woman's figure. We have the skirt that is fitted tight over the hips; if we do not have that we have the blouse fitted to bring out the curves of the bust line, or the short skirt which shows the ankle. Instead of making the skirt short enough for comfort it is so short that it is immodest, and the feet are clad in stockings that attract attention. Not only is this attention attracted by conspicuous clothing, but by the lack of clothing, with the exposure, at times, of a large part of the body, at times, too, when women are coming in close contact with men, as in the case of the evening dress.

We must also consider the effect of the rapid change of style upon the women's garment making industry. In men's clothing we have certain standardized garments; although men do change their styles, there are certain garments in a man's wardrobe which do not change, which go on from year to year, and in the men's garment making factories when the new styles cannot be forecasted the workers are put on such garments as evening suits, and frock coats, which are really standardized. In the women's garment making industry we have no such garment, though there has been a movement in some of the factories to put such a garment on the market. If we can get them to do this something will have been accomplished. This seasonal occupation causes great hardship among the women who are working in the garment making industries and that part of the employment of women is a very large one.

On the hygienic side, of course, the ideal clothing must give us adequate protection against cold and heat, it must be easily freed from dirt, and it must not in any way restrict the body or interfere with the body's

activities. The effects of inadequate clothing are not so obvious as the effects of malnutrition. We have not investigated the subject enough to know the effects of poor and improper clothing, but when we realize that 15 per cent of the urban death rates are from pneumonia, and 10 per cent of all the deaths in this country are from pneumonia, and that exposure or too much clothing and then exposure, may be the exciting cause we realize that clothing may have an important part, not only in the increasing of the death rate, but also in the general health of the community.

The laundering quality of our clothing must also be considered. All clothing that comes in direct contact with the body should be easily laundered and it must be of such material and weave that it will stand frequent laundering. We must also have enough clothing to allow for frequent change.

We all know the effects of the restriction of body movement. Restriction is found chiefly in women's clothes, although we do find it in men's, e.g., tight collars, and tight belts. The effect of tight clothing around the waist is probably the most obvious and the most pernicious of our clothing practices, and this may have very serious effects on the digestion, resulting in constipation; it also retards the breathing and the circulation, and injures the reproductive organs. Corsets and tight clothing on a growing girl may be a most serious thing. All of the data we have is furnished us by physicians whose cases have, of course, been pathological cases, very serious ones, but to a large extent these have been brought about by the type of clothing. It is hoped that it will not be very long before the physical training departments of the universities can coöperate with the home economics departments in finding out just what the effect of the tight clothing is, and how much that can be changed by wearing proper clothing.

The shoe is also important. We should in some way bring about the manufacture of low-heeled shoes. There are some hygienic shoes, and the more we demand them the more we shall have. The women who are working and coming into competition with men in their everyday work find that they cannot be hampered by their clothing. We find them putting on sensible shoes, and wearing wide skirts, wide enough to allow comfortable walking and yet not so wide that they are in the way. This is all shown by the dress of the business woman we see on



the street. The woman on the farm is also a striking example. She wears a very sensible garment, although not always an attractive one.

As a final solution of our clothing problem we must have a type of clothing that will admit of no competition in dress, which, of course, will do away with economic waste and the social evils connected with our dress, and the undue exposure of the body. The clothing must fulfil entirely the needs of the body without in any way restricting it; it must be durable and easily cared for; it must be modest; and lastly, it must be beautiful so that we can get all women to adopt it. The criterion by which we are to judge this clothing must be a social and never an individual one. We never can solve the problem if we cling to the individual point of view.

The solution of the clothing problem rests largely with teachers of home economics; at least it rests with education. We can hardly expect to change the women who are already educated to the use of the corset, but we can look forward to bringing up our girls in warm, hygienic clothing so that the coming generation will not suffer from the same things that affect this generation. Under the present system of teaching clothing under domestic art we emphasize the change of style and varied construction instead of hygienic construction; we insist upon variety instead of true beauty of line and design, and individual and pleasurable sides have been emphasized instead of the social side. The best way to overcome these tendencies is to adopt a standardized dress for women, a dress that will suit the needs of all women under all conditions and at all times.

There is a big question whether one type of dress is going to do that, but I think that it may, and in our university we have been working out designs, not only for standardized dress, but standardized underwear such as will suit the needs of all women at all times. There will remain a variety of materials; there must be some variation in design or we could not make the garment artistic on each individual. There is a certain amount of individuality that we can never do away with, but a large amount of the individuality that is over stressed can be eliminated.

The dress that, after much experimenting, has been adopted at the University of Missouri, and that seems to fulfill all the requirements, is a two piece dress, with the skirt attached to an underwaist, and the waist on the order of the Russian blouse or Norfolk jacket.

(Pictures were shown illustrating the dress. One of the dresses was also worn by the speaker.)



## HOME ECONOMICS EQUIPMENT

ADELAIDE LAURA VAN DUZER

*Cleveland Public Schools*

It is difficult to satisfactorily standardize the installation and equipment of rooms for work in household economics, since this must so often be adjusted to old buildings and rooms not built for the purpose. The location of these rooms, even, is sometimes not a matter of choice, but of necessity, and no matter how opposed we may be to the use of basement rooms, we must make the best of them. Even areas cut round the windows and careful reference to the rooms as ground floor rooms fail to make up for the unsightly pipes that cross the ceiling, and, for the fact that a perfectly good storeroom space under the stairs cannot be used because of fire restrictions. That these school rooms cannot be used for anything else seems to be their chief recommendation, together with the chance that they may be larger than the standard school room.

When used as a center, the kitchen in a building separated from the main one has been found to have its merits. The pupils from outside schools will not disturb the routine of other work as they are apt to do when passing in and out of the main building. If the fire-escape can be used as a means of entrance and exit, however, the kitchen would better be under the same roof with other activities, since the criticism is still made that the teacher of a special subject is apt to be an outsider, and proximity of position makes for community of interest. It seems to be the tendency of late to place the laboratory kitchen on the second floor of a new building, unless there is an elevator in the building, when it may be on the top floor, and in the basement if the building is an old one. The second floor room when not used as a center would seem to be a good choice of location.

Primarily, all equipment should be complete enough to make efficient work possible, not too hard to keep in order, and as inexpensive as is compatible with pleasing appearance, easy working conditions, and good wearing qualities. Its general makeup must of necessity vary with the use to which it is to be put, and with the personal opinion of the one whose task it is to do the equipping.

No better plan of placing work tables in an elementary school has been found than that of a hollow square. With this arrangement the teacher has all of her class before her, all with their faces turned towards her and none of them concealed from view by their taller companions. It

makes less walking for the teacher than any other arrangement—a thing greatly to be desired. If, however, the pupils help in lunch room work, large ranges down the center of the room with a row of four student tables on each side has been found useful. The reason for recommending this style of equipment is not because it is more like a home kitchen than others. It does not seem that the school kitchen should of necessity resemble that of a home in order to guarantee good work, and, moreover, numbers of public school pupils use a hot plate and adjustable oven at home rather than the more expensive gas range.

Tables with hardwood tops and the two burner hot plate for each pupil are both serviceable and convenient. If these hot plates are made with a removable deflector, they are not hard to keep clean. One removable oven for every two pupils is needed. As for these individual ovens there would still seem to be much to be desired in their manufacture. Even when the requisition says that they must be warranted to give perfect satisfaction and not burn on the bottom they do not always live up to the contract. However, we can say of them that they are better than they used to be. A large gas range with all the latest improvements should be added. Lockers for aprons, the requisite cupboards and room for storage of materials, sinks, both in the tables and elsewhere, supply table, and laundry tubs are also necessary. The individual and general equipment of utensils will vary in cost, quantity, and kind with the views of the purchaser.

Such furnishing as I have suggested for a laboratory kitchen would cost about \$1200 when put into an old building, and \$1000 in a new one where all connections for plumbing, heating, and lighting were already placed with a view to its installation. This sum might be approximately divided as follows:

Tables and cupboards including lockers.....	\$400.00
Hot plates and ovens.....	100.00
Gas range.....	32.00
Sinks, drain boards, etc.....	120.00
Laundry trays.....	188.00
Utensils.....	160.00
Total.....	\$1000.00

The upkeep, including all replacements, repairs, etc., may be estimated at \$22.00 per year. It is interesting to note at this point that it is usually easier to get money for material things such as equipment than for the less tangible, educational needs.

Opinions differ widely as to what is the best equipment for a practice apartment or house. Whether it should be more expensive and elaborate than anything to be found in the neighborhood or whether it should set a high ideal only as regards good taste and cleanliness and be within financial grasp of all is still a mooted question. We have in Cleveland only three of these apartments as yet. Two of these are in school buildings and one in a nearby cottage. The one in the cottage is very simple and cheaply furnished and could be duplicated easily by even the poorest householder in the neighborhood, but it is kept immaculately clean and in good repair and is a source of pride to many pupils and their mothers. One of the others is much more expensively furnished and the third one not at all as yet. It is intended, however, to preserve the golden mean in its equipment.

In closing I would like to present one or two questions for your consideration. With the widening scope of Home Economics teaching which now includes so much more than cookery, are our school kitchens over-equipped? If so, how can this equipment be reduced in quantity and still be large enough for efficient work? Could the money now tied up in material things be used to better advantage in providing more opportunity for the mental growth of the teachers by giving them salaries large enough to enable them to spend more money in self-cultivation?

(Slides were shown to illustrate the paper.)

**Committee of Fifty for Journalism, Saturday, July 1, 9.30 A.M.**

*Chairman:* Anna Merritt East.

Mrs. Abel presiding.

**TRAINING THE PEN TO KEEP STEP WITH THE LABORATORY**

ALICE P. NORTON

There is an old Eastern proverb that I have often quoted when an unexpected number of guests appeared, "Three were invited; here come nine; water the soup that all may dine."

When I recall my first conversation with Miss East in regard to a Journalism session, and then received her completed program, I was reminded of the old saying. Let us hope that the soup was strong enough in the first place so that there will be enough to go around without too great dilution.

Training the pen to keep step with the laboratory means, first of all, that each student should be able not only to carry on a laboratory experiment, but to record it in clear, concise, definite terms.

It is not many years since only a few scientists were able to formulate their results in terms that adequately conveyed their meaning. There has been a great improvement in this respect, but there is need of still further training, especially in the ability to make clear the distinction between essential and less important points; to make an orderly arrangement of material; and to express the meaning in clear, concise, correct English.

Further than this we need to teach our students, to say nothing of ourselves, to translate scientific results into the terms of the housekeeper. The student should learn to carry directly over into the home and its work conclusions from scientific research, and to interpret scientific results into non-technical language. This is a difficult task. So long as we confine ourselves to technical terms the responsibility for understanding those terms lies with the reader. When we interpret, the responsibility lies with us.

Not only must this interpretation be correct, but it must be put in a form to reach the people. We are too afraid of "popular work." We forget the simple, effective lectures of such men as Huxley and Tyndal.

I should like to make the suggestion that each student of home economics have one or two definite problems in such interpretation; that she



be asked to record some laboratory experiment, not necessarily her own work, first in scientific terms, and then in a form that would make it intelligible, interesting, and attractive to the woman who might use the results. This does not mean "writing down" to the housekeeper, for that must always be avoided.

There is an opportunity for home economics women in journalism. At present this opportunity must be met by training home economics students in journalism rather than by expecting journalists to become proficient in home economics. The initiative must come from the Schools of Home Economics, not from the Schools of Journalism. Miss Barrows and I called the other day upon the head of one of the best known of such schools. He professed himself much interested in home economics work for his women students, but said that they would not consider taking the home economics courses, and that they were not attracted by "that type of work." We soon found that his idea of home economics journalism went no farther than the woman's page in the daily newspaper.

The home economics woman who goes into newspaper work must make up her mind that she may have to fight for her rights. One of the most successful of such writers told me that her copy was all read and "improved" by a young man, her inferior in training, and with no knowledge of her subject. Yet this should only mean an incentive to further effort on the part of the writer, and a renewed resolution on the part of the teacher to train her students in a thorough experimental knowledge of the subject, and in the power to effectively express that knowledge.

I should like to give you each a little practice in writing. We are in great need of news for the *Journal of Home Economics*. We do not want statements such as frequently are sent us—"The meeting at Ithaca was very interesting," "Mrs. So and So gave a delightful paper," but we should like to know something definite about the work which each one of you is doing, something that you would like to know about each other's work. We can secure comparatively easily the papers and more formal part of meetings, but we do not know all the interesting things that you have been saying to each other.

Please each before you leave the room write a news item, leave it as you go, and we will promise you a live news page in the *Journal*.

## THE EDITOR'S BLUE PENCIL

ANNA BARROWS

*Teachers College, New York City*

For several years I have labored diligently to accomplish just such a meeting as this, therefore far be it from me to say anything that would discourage a closer relation between this organization and the editors of the land.

Home economics in its broadest sense does not occupy the position it should in our periodical literature. The responsibility for this condition of affairs may be laid to this Association, and to the editor's blue pencil.

If we did our duty as home economics teachers, we should be endeavoring to reach not merely the *tens* in our class rooms, but the *hundreds* through the popular extension lecture, and still more the *thousands* who may never read our books or even our bulletins, but who may be reached through the daily, weekly, or monthly printed page.

Because of ten years editorial experience and a longer period of writing for many types of regular publications I may be able to indicate some of the places where editors and this Association need to "get together."

No doubt we teachers try to teach too much when we write even a short article; our words are technical, our phrases pedantic, and our plan of work savors too much of the school-room and too little of every-day life. That is why the editor's blue pencil cuts our article short or declines it in favor of one by the "practical woman" or even for the cure-all offered by the one who knows so little of the subject that she thinks, and even by her enthusiasm persuades the editor, that she knows it all.

How are we to learn to tell in simple strong words the things that we know are essential to create and maintain better homes? We must do this to hold in check the increasing number of women who are seeking notoriety with insufficient preparation in either the training school or in real living, or those who are being adroitly used by advertisers to introduce new goods.

The editor's blue pencil must help us find the way: and everyone of us who have tried to do this work owes much to the kindly help of the editors with whom we have come in contact.

What have we a right to demand of the editor's blue pencil? Surely that it be properly trained for its duties. At present it is an inefficient

tool; there are few editorial pencils capable of editing the simplest article on household processes. Would a bookkeeper be employed who did not know the multiplication table? Yet any woman's page or periodical will afford instances like the following:

A recipe for date gingerbread containing  $\frac{2}{3}$  of a cup of New Orleans molasses has "2 level teaspoonfuls of soda in  $\frac{1}{2}$  cup of boiling water." A pupil in a grammar school cookery class would know better than that. Further in the same article is a recipe for date puffs, where only one teaspoon of baking powder and no eggs are used with one pint of milk and flour to make a drop batter. Can you see them *puff*?

Here is a lesson in breadmaking for a bride given in the heart to heart style so dear to the average editor: The yeast cake "smells spoiled" altogether "impossible for particular people to eat! But she must accept it on faith, for that is its natural state of being." Then milk and yeast are poured into a little well in the flour and more flour is added until it looks as if you could manage it with your hands, then out on the board. "Yes, it's terribly wet in places, and lumpy and inclined to stick, but just be brave and go ahead."

Several years ago a New York daily awarded a prize for "the best original recipe for the chafing dish to one taken verbatim from a cookbook which had been the leading one before the public for twenty years. This displayed a fine acquaintance with the literature of the subject did it not?

Yet, we must not expect too much, for similar errors escape the blue pencil elsewhere. For example, in a recent number of one of the "ladies" magazines we read of Hiawatha on *her* wedding journey. In another periodical for women a story of Alice Brown's in several places refers to the "cool green" of the heroine's sun umbrella while in the pictures it is a brilliant red!

The magnetic influence of the counting room on the editor's blue pencil is everywhere too apparent. This is evident in two directions:

First, the effort to tacitly indorse the products of good advertisers. Let me quote from a letter from a conscientious editor, "the —— Company have sent us the enclosed recipes. These do not, of course, mention any brand of —— but are suggested merely because they encourage the use of it. If you approve of these recipes as they stand we will incorporate them into one of your articles, but if you do not, of course we will decline to use them." In many offices they would have been "incorporated" without consultation.



The other way in which the business end influences the editor's choice of material is after all perhaps the fault of ourselves and the class of women we represent. Thousands of letters come to the editors mainly from women who do not want to think at all. How many of us write to correct or object if not to inquire.

One of our members wrote me once regarding the editor in chief of the paper with which she was then connected: "His idea of a home magazine is to have it chuck full of recipes. This he calls being 'homey,' and unfortunately the little young housekeeper, who desires to slip along as easily as possible, is the one who writes to him."

Any one who has given demonstration lectures in different sections realizes how impossible it is to make a recipe that shall fit the ranges and fuels and utensils and materials in a hundred different kitchens. We must give general formulas and principles and show women how to adapt the materials at their hand to the conditions. The editor expects a recipe to be a sort of paper pattern, and aims to satisfy the demand for new recipes and wishes no explanations. Not long ago I worked out a series of recipes reducing them to a common denominator in amounts of material, and showed how the custards of long ago were the foundation of those of the present day. Yet this was headed up a dozen "*new*" custards or something to that effect. The zeal with which paper bags were exploited, showed the desire for newness. The fireless cookers have had more merit. Through over doing true efficiency is likely to suffer by the writings of those who know little of real work.

The billows of froth or soapsuds of the average woman's page, yes even of the long established magazines, do not appeal to thinking women, but they do not take the trouble to tell the editors so.

Yet this is not recognized in the editor's sanctum.

Again let me quote from an editor's letter. "Will you please work over the ideas, emphasizing the important points by a series of incidents from your own experience. You must have hundreds of happenings from which to select. The best of these gathered together and *cloaking* the main points you wish to make should develop into a very readable article. There is no danger of making it too personal." Yet this was not to be a popular article for the general reader but "a helpful article for the young, inexperienced extension workers!" Why cloak or exploit one's audiences under such conditions?

Many teachers are deterred from writing for popular journals because



they are made to say something entirely different from their knowledge and belief. In one case I quoted from Dr. Hutchison, considering that initials were unnecessary. The blue pencil thought I did not know how to spell and inserted an "n" and to make sure of correctness wrote "Woods" before the surname! Where proofs are shown in ample season the author has a chance to correct such revisions, but when one is a week's journey away errors cannot always be caught. Not long ago I trusted to a blue pencil because it was in the hands of a home economics graduate. My copy (I have learned to keep a duplicate) read: "To each cup of milk allow 2 tablespoons of butter and flour. This is for ordinary white sauce. For soups these amounts of butter and flour will serve for a quart, unless we desire a thick soup, etc."

In the magazine it read " . . . . will serve for a quart *when* we desire a *very* thick soup." So I get the credit of making a soup *very* thick with 2 tablespoons of flour to the quart of liquid.

To sum up let me say: the editor's blue pencil should serve to interpret but it has not the right to change and misinterpret the author, nor has it the moral right to gull the people by giving them a stone, or worse yet soapsuds, instead of bread.

*Mrs. Jessamine Chapman Williams:* Many who are working in home economics laboratories burn with a desire to tell the things they have learned and believe to be of value to the housekeeper, but some do not know how to do this, at least in the way the editor wishes it done. I know of a conscientious, careful, scientific teacher who with a dozen trained students worked out, not long ago, a number of diets for a child who cannot take milk. These menus would have been very suggestive to the mother who has such a problem to face, but this teacher did not have the courage to put that excellent piece of practical work into printed form because she feared the blue pencil. Most of us who are working in the laboratories fear that we do not know how to dress up the corners of truth to suit the public. Can the editors help us by giving domestic science workers some little encouragement to submit the knowledge that they are trying to gain in the class room and in the laboratory, and by telling in some way the form in which they wish it? I wonder if they could tell us for what the blue pencil is used most and give us a code of don'ts by which we can avoid some of the rocks and some of the knocks that we receive.

*Helen Louise Johnson:*

When you have a thought that is happy,  
Boil it down; make it short and snappy;  
Make your meaning plain, expressive so  
He who reads will know, not guess it;  
Then again, ere you address it, boil it down.

That is the first thing—boil it down; then the blue pencil would not be used so frequently. Blessed is he that maketh short speeches.

The next thing is the need of expression. The editor says: "Put it over; get it to the people." There is no use in having these wonderful thoughts if you cannot get them through to the reader and make them effective. I would commend to those desiring to write, a little sentence by Dr. Vincent in which he speaks of a certain gathering of teachers as a "mob of mobile maidens meditating matrimony." Of course we may not like it, but it sticks.

The male editor of the woman's magazine often gets his ideas of the desires and the needs of women from his wife. She may know nothing at all about household economics and not be interested in the problems that we are presenting, yet he says to us: "I know what women want better than you do. On the other hand we are beginning to believe that the things cut out by the blue pencil are the things that women desire. My quarrel with the blue pencil is the same quarrel that has already been expressed—its power of misinterpretation. We should enter a vigorous protest against the editor who takes a perfectly logical article and by his blue pencil makes it say something the author never expected it to say.

## OUR WRITING LABORATORY—THE PAPERS

HARRY R. O'BRIEN

*Assistant Professor of Journalism, Iowa State College of Agriculture, Ames, Iowa*

Ever since journalistic work for home economics students was established at Iowa State College in 1913, each succeeding semester has seen more and more girls taking the work, until during the one just past, some 60 were registered in one or more courses. This work is elective and we

believe that it has been successful because of the method we have used to make it seem interesting and worth while.

Our semester course is opened with a few lectures on news values and news writing and along with them go a series of exercises which we have worked out. Then just as soon as the students can write a news story, we put them to writing what we call home economic news, stories about what is new in the field of home economics, things of interest and value to the woman in the home, new ideas from the college laboratories—and a thousand and one other things. The story must have news value first of all. These stories are small at first, but soon we try longer ones, bigger ideas, and so we work into the longer feature story.

In judging the story written, we ask if it is worth while for the editor of some magazine, if there is information in it that would be of value to the readers of some paper. If it does not answer these two tests, it is rejected, no matter how interesting or well written it may be. The instructors reject or accept just as the editor of the magazine would do.

But we are not satisfied with writing the story. If it is found good, it must be prepared according to the best standards of copy and submitted to the magazine that would be most likely to use it. This may be either the woman's page of some farm paper or a woman's magazine. No credit is given the student for his term's work until a certain number of stories have been typewritten and put in the mailbox. We do not require that the story be accepted, but only that it be submitted.

Are these stories accepted by the editors or are they found to be mere amateur writing, exercises, themes? During the past year, taking into account the agricultural students, who are given exactly the same course but in different sections, we have sold stories to at least 26 different farm papers and magazines. These range from the *Ladies' Home Journal* and the *Country Gentleman* to the *Iowa Homestead* and the *Missouri Ruralist*.

The editors have been glad to pay good money for these stories when they found them acceptable. One student has made some \$70 from one magazine since January 1 of this year. The students work because they get results. To see their articles in type and to get dollars for them is the best incentive I know. We put as much life into our studies as we can. Our motto is that we shall not get into a rut. We believe that the only difference between the rut and the grave is that the rut is longer.

## WHY THE BUSINESS WORLD NEEDS EXPERTS WHO CAN WRITE

GRACE R. WILMOT

*Interior Decorator, New York City*

With your permission I am going to present the subject assigned to me by our chairman from the view point of one connected with the advertising department of a large corporation.

I have watched closely for some time the reading matter that has appeared in the different women's magazines and the women's pages in the newspapers relating to the home. Many of these claim to give practical advice to the reader. At different times I have made a "John Doe" inquiry to satisfy myself that the writer of these articles had real technical knowledge of value. I can assure you that some of the replies were astonishing. Estimating the replies from an expert view the conclusion was reached that frequently the writer had no real knowledge of the subject he had undertaken. He may have been one who, in trying to gather material for a story, had gathered advertising matter for his background. He may have made a readable story, but how about the value of his facts? People often come to the bureau to gather our printed matter for this purpose.

Articles dealing with facts need those facts correctly presented. Periodicals publishing these articles expect them to be reliable. They have no system of censoring the many articles that they publish except for their literary value. Readers of these articles look to them as educational and they should not be misled. Many of them have been, as my mail testifies. How is this to be remedied?

Some time ago in a thrifty spirit I tried some ten cent recipes that were published in one of our magazines. They were made of apples mostly, but every one of these cost me at least twenty-five cents in New York where apples were selling for five cents apiece. These recipes were all right but the article must have been written by some one who lived where apples were plenty or picked up from the ground. In most cases the consumption of gas alone is quite an item. I used gas for cooking and this added materially to the original cost. This is the question: Why was there no allowance made for different conditions and why mention the price at all if it was not possible to make such an estimate and maintain this cost in all localities?



Again I wanted to make a sweater and an article appealed to me as being reasonable. I wrote to find the name of the wool used. I found that the wool recommended had not been manufactured for five years. As this article gave directions for knitting and the number of stitches necessary you can see if you have ever used the different yarns how utterly valueless it was.

In another instance a woman living in a small town had written to a magazine, which offered expert advice in interior decoration, for a formula to paint a varnished floor. She followed it to the letter with the result that the paint was flaking off by the square inch. What was the matter? The formula included no preparatory treatment of the floor before using the paint.

I could give many more instances where the same thing occurred and it would seem as if it created a condition that would have to be met in some way. The question is how is it best met? Should it be individually by the writer or should periodicals that disseminate practical advice organize a department for the censorship of its editorial matter?

There is a great need for this even in the business field. All advertising matter in our own business is carefully scrutinized by experts. Connected with this department is a large service bureau of interior decoration of which I am the practical head. This is conducted on educational lines as far as possible. It is broad in its scope, since the service or advice which emanates from it does not begin and end with the Company's product. It includes the recognition of the excellent qualities of many competing products.

All advice which goes out from this bureau must be based on an intimate working knowledge of the material recommended. In other words it must be practical advice. This is necessary to inspire confidence and add to its patronage. It also maintains a laboratory where tests are constantly made by trained experts, so all the advice given can be relied upon, and, as this bureau is widely advertised and its service absolutely free and consultation solicited, we have a large service.

Our experts have been educated by the Company and at their expense. Why could not this supply be filled by the colleges? The home economics departments have sent out trained students for expert service but their curriculum is limited. As far as they have covered the field they have done well.

There is so much in management of the home that is daily being transferred to the feminine contingent, and woman is more and more assuming

the problems that were once exclusively the man's. The woman is becoming the economic factor in her home, and her training does not begin and end with her cooking and sewing. My own correspondence shows me that women run the farm, paint the buildings, decorate the interior of the house, buy the rugs and furniture, and countless other things. They gather their knowledge from some questionable sources and this is the best they can do.

Remotely situated they eagerly take the advice offered by some article in some periodical. It is this class of people that should be supplied with expert advice. How much of this can the colleges supply? Where can the material for these articles in magazines be found?

## HOW UNCLE SAM WRITES

C. F. LANGWORTHY

*Chief, Office of Home Economics, States Relations Service, United States Department of Agriculture*

Uncle Sam is a generic rather than a specific term, and so I am going to limit the subject to the work of the Department of Agriculture, and more particularly to that with which I am more familiar. It is a fact in preparing material for government publication that accuracy must be considered first; the interest of the subject is also considered; clarity of expression is insisted upon; an article must have suitability if it is to have any sort of publication except the very limited one of some highly technical articles which have suitability for the purposes for which they are designed. We try to have uniformity in articles belonging to the same series of publications so that we may not get a highly technical article in a popular kind of publication.

There are many different types of publication in the Department of Agriculture, and these publications are free or for sale as the case may be. There are books, of which the Yearbook and some technical reports are examples; periodicals, ranging in kind from the *Experiment Station Record*, which is a technical abstract journal, to the *Journal of Agricultural Research* which is like any other technical and scientific journal. There are also periodicals like the *Crop Reporter* which serve a limited yet very great use; and the *Weekly News Letter* which contains short

summaries and is sent out by the Office of Information which tries to put the Department material in form available for the use of the press.

My belief is that editors are only too ready to use material which more or less perfectly meets some of the requirements I have outlined. It is encouraging to find that they will publish them without those changes which will destroy them. Another reason that leads me to think they will accept articles is that they quite often take our bulletins or parts of them, put them in quotation marks with an introduction, and sometimes with a signature, which would lead one to believe that it had been prepared especially for them. Not infrequently we find ourselves authors of articles which we had never prepared for the paper but which are made up of excerpts from our bulletins.

I would be glad if we could return to the plain, simple speech that all people can understand. We must not forget that good, easy reading is as much desired as ever.

The main points that I want to make are that we do try to be honest and accurate in our publications. We sometimes make mistakes but are glad to correct them. The Department gets a good deal of valuable material from the experience of housekeepers and others.

Much has been said about the editor. We are permitted in the Department, under restrictions, to sell material and sometimes we are permitted to give it away. Our materials, after we write them, become almost impersonal; they go everywhere in the Department; suggestions are made, and if these are constructive they are welcome; if they are good they are used and if they are wrong they are not used. My experience in publication outside of the Department has on the whole been very pleasant. I have received courtesy, and have had an opportunity to discuss changes if they were suggested. Constructive criticism is the sort I have received.

## CHARTING YOUR WAY

GEO. E. FARRELL

*Assistant in Boys and Girls Club Work, United States Department of Agriculture*

The chart has come to be recognized as one of the tools of the extension worker, and I believe as extension work grows and matures we shall think of the chart as part of the demonstration equipment that makes



the work of the demonstrator a little more effective. The first page or the opening page of the chart should tell the story. It should not only introduce the speaker but it should tell the audience what the speaker wants to do. The chart outlines the talk for the speaker. If you gave a single talk 368 times in a year, as I have done, you would know that it gets stale, but the chart holds one to the subject, and I like it because it distinctly outlines what the speaker has to say. I think much of the misunderstanding that has arisen between the extension worker and the subject matter department has come not from any willful violation on the part of the extension worker, but rather from saying it over and over and over again; we have drifted into new and probably untried fields. The chart does not permit that thing. When we have worked over the material with the subject matter department and determined upon the things that shall and shall not be said, then it is easy enough to follow.

I want to call your attention to the fact that the letters used on the charts in our work are of the same thickness of line throughout. They can be read from any part of the room. They are a special type made for the purpose. They were first made by a manufacturing concern because after experiment with type work they found that this type brought the message further and made it easier to read than any other kind. The letters come in sizes No. 1,  $1\frac{1}{4}$  inches; No. 2,  $1\frac{3}{4}$  inches; No. 3 a little over 2 inches; and a still larger size.

## BALANCING MENUS FOR PRINT

LENNA F. COOPER

*Head Dietitian, Battle Creek Sanitarium*

To the writer on food topics there are several questions which are of the utmost importance. First, do women readers want information on such technical subjects as food constituents and menu-making? Second, are they a sufficiently intelligent group to comprehend such instruction? Third in what terms shall it be given them?

In answer to the first question there is absolutely no doubt. Any lecturer or writer whose work is with women knows that the one thing they are asking for most of all is an answer to what shall I feed my family or what are the essentials of a well-balanced menu?



The second question seems a little more difficult to answer, especially if we take the attitude of the editorial world as a criterion. The time was when "protein" and "calories" were as Greek not only to the housewife, but to the average writer as well. Within the last ten years the high schools all over the country have been turning out thousands of women who have had courses of study in foods and food preparation. All such courses have included instruction in the various food constituents, protein, fats, and carbohydrates, and most of them have also included food values in terms of calories. Shall these thousands of women have no further help from the magazine world, simply because their mothers have been less fortunate in not receiving such technical information?

Are we to suppose that the mother because she has not had training in the school room but is working daily with foodstuffs is not capable of grasping the most elementary kind of education regarding her daily business? Does not her husband, the farmer, know animal foodstuffs sufficiently well to scientifically feed his live stock? Is she less capable of learning than he? Only a few decades ago the answer to this question would have been a disputed one; now woman takes her place unquestionably in the educational world beside her brother. How, when, and where is this untrained but teachable woman to receive the elementary instruction that her small daughter is now receiving in the grammar grades? Does she not look to the magazine and to the daily paper for her information along almost every line? They are the only text books of the average woman after she leaves the school room. She pays for this medium of instruction and it would seem that she has a right to expect sound reliable information.

In answer to the third question, "In what terms shall this information be given them?" we have perhaps a more difficult problem. The writer is confronted by the fact that even though a large percentage of the young housewives are familiar with the simple food terms, there still remains a large class of women to whom they are unfamiliar. Both classes are readers of the same magazines. Hence the material must be in such form that the untrained woman can comprehend it. The writer must either educate the woman or continue to write as if for a kindergarten, so to speak. Undoubtedly the kindergarten method is the way to begin, but must we always continue in this fashion? Have we not arrived at the stage when other methods may be introduced? Surely the mature woman is not so dull a scholar that a few of the simplest terms are

unsurmountable. Must we still continue to give her "protein" for instance, sugar coated and in disguise? If so when will she ever rise beyond the kindergarten stage of reading? Only about one century ago oxygen was discovered and named. For a long time its exact nature was unknown even to the scientists. How preposterous it would have been for those familiar with it to have refused to call it by name, but to have called it by such terms as "dephlogisticated air" as it was called at one time. Even though it is a substance which cannot be seen or handled, it is now a household word the importance of which as a constituent of fresh air is quite generally understood. The word "protein" describes just as definite a substance as oxygen and one which is as easily comprehended. The same is true of carbohydrate, calories, and other terms. Until the present housewife is familiar with such terms it will probably be necessary to continue to give our material in the simplest form, but accompanied by the names of the entities we are describing.

The following outline is suggestive as a basis for classification of food-stuffs at the present time:

Muscle formers (protein rich): lean meat and fish, eggs, milk and cheese, nuts, legumes (dried beans and peas).

Fuel foods (fats and carbohydrates): fats and oils, grains and grain products, sweets, potatoes.

Body regulators (mineral matter, cellulose, vitamins): fruits and vegetables.

This classification emphasizes the use of the food constituents in a very broad sense and at the same time introduces the names. From my experience in talking with housewives, I am sure that they very readily learn such a classification. The five important sources of protein are quickly grasped. With these in mind it is only a step to comprehend the fact that practically all other food constituents are used as a source of heat, and other forms of energy with the exception of a comparatively small portion which have the general office of body regulator.

Having progressed thus far, she surely can be given such simple instruction in menu making as the following:

1. Provide one protein-rich diet per meal.
2. Provide at least one body regulator for each meal, with two or more for dinner.
3. Provide fuel foods to make up the rest of the meal.

While it is probably impractical to attempt to exactly "balance" a family menu as to quantity, yet it does seem that there are certain aver-

ages which might serve somewhat as a guide, at least to such an extent that the housewife might know that for a family of sedentary occupations, the bulk of the diet should not be made up of fat rich foods which would greatly exceed the caloric requirement. No doubt the ball which Lusk has started rolling will sometime reach its goal and we shall buy our goods labelled with the calories of the contents as a part of the pure food requirement. Such a move will undoubtedly be welcomed by the journalist as it will afford a new source of material, for the housewife will then have to be educated to the fact that calories are not the only standard of food value.

#### FILLING THE GAP—HOW TO COVER THE DISTANCE BETWEEN THE DOMESTIC SCIENCE EXPERT AND THE EDITOR

Letters were read from James E. Tower, Managing Editor of the *Designer* who said that editors are looking for writers who understand technical subjects; and from Janet McKenzie Hill, Editor of the *Boston Cooking School Magazine*, who wrote as follows: "There is a big field, not yet sufficiently cultivated for those having training in home economics, in the household magazines, daily newspapers, government and university bulletins. . . . Those who wish to make a success along these lines should study English, rhetoric, and psychology. They should also know of what they write by experience in actually doing the mechanical things which are described in their copy."

This subject was discussed by a number of persons as follows:

*Edward W. Bok.* There never was a time when so many intelligent housewives were so thoroughly ready to receive the message that domestic science has for them. But the occasion finds the domestic science expert absolutely incapable of translating that message in a way that the average housewife can understand. In other words, the time is ripe: the women are there and hungry to receive, but the woman who can tell them what they want to know in a way that they can understand it is not here. She can write very glibly about percentages that mean only confusion, about calories, proteins, and carbohydrate that she herself cannot make clear, but apparently she cannot tell what she has learned



in simple, understandable language. And until she can do this, and forget her technicalities, the message and the woman who needs it will not be brought together. And the domestic science expert, so far as the great public is concerned, might just as well stop writing. She is wasting her own time and that of editors.

*Arthur T. Vance, Editor Pictorial Review.* It is a perplexing topic. I take it to mean "How can an editor get information from the domestic science expert which will be of practical value, and interesting enough for the readers to read?" I am going to be honest about it. I do not know how. I wish I did. Frankly speaking, I have never had much luck in getting really practical information from the so-called domestic science expert, and what is more, I don't know of any other magazine that has ever solved the problem. For instance, we had one "expert"—and one of the best-known in the country—plan an "inexpensive Christmas dinner" for four people. It was very interesting and pleasing to read. But this dinner for four people living in a suburban town, actually cost \$24.00 to prepare, or \$6.00 a person. Another cooking expert was trying to tell our readers how to broil lamb-chops. She started out by saying, "First of all, rub salt over the chops before you put them on the fire." Even a man knows that rubbing salt on raw meat only serves to draw all the juices out of it when cooking. And so it goes.

This is not necessarily a reflection on the domestic science experts. They probably know what they are talking about, but like experts in any line of endeavor, it is difficult for them to tell what other people want to know. They don't seem to like to get down to fundamentals. They like to theorize too much; to write about comparative food values; to plan more or less ethereal housekeeping systems, and all that sort of thing, instead of telling the average housekeeper practical ways and means to make her work easier and how she can prepare three substantial, appetizing meals a day, without wasting her money.

I do not think the domestic science pages in the average woman's magazine are as good as they ought to be, and possibly that is the reason why so many of the magazines to-day have fallen back on recipes. It is almost a confession of failure on their part, for any good cook book—and you can buy plenty of them for the price of a year's subscription to a woman's magazine—gives you more recipes than any magazine could in five years.

You see I am trying to be honest about this situation. I think our household departments are as good as any, and they are getting better



every month. But they are still not good enough, so if this little article comes to the attention of any domestic science expert, or any plain, ordinarily good housekeeper who can solve this editorial problem for me, I wish she would write me at once. We have lots of money here at our office to spend on a really practical, common-sense housekeeping department. But it must be founded on common sense, and the writer must not call herself a "domestic science expert." The average housewife is scared and dismayed at the title itself.

And yet these "experts" know a lot of things that every housewife ought to know. The problem is how to get said experts to tell the reader these essential things so that she can understand them—in other words, to put themselves in the place of the average housewife who reads our magazines. It is a mighty hard thing to do, because Mrs. Smith's problem is not Mrs. Jones,' and Mrs. Brown's problem is again entirely different.

It will be necessary to leave out most of the theory, and chop directly at the knot instead of hacking all around it. There must be less talk about scientific theories on which no two experts agree, balanced menus which no one wants to eat, comparative food values which may be good for one man and poison for another, and all that sort of thing, at which the average housewife, as I know her, throws up her hands in dismay, and then goes back to the good old-fashioned cook book for what she really wants to know.

*Catharine MacKay, Iowa State College of Agriculture.*—The one point that I feel should be guarded against in this whole journalistic work is the tendency of some teachers of journalism, in asking the students to get the news, to overemphasize the newswiness of the article with the result that the student sometimes writes sensational rather than newsy articles. We all are familiar with the presentation and interpretation of events in the "newsy" item in a way that has caused a good deal of embarrassment. Actual truth too often has been sacrificed to newswiness. Yet I do not believe there is anything which so trains our students in talking, as well as in presenting the articles in an effective way in the magazine and newspaper, as the course in journalism.

*Isabel Bevier, University of Illinois.*—I have never filled any of these gaps between the domestic science experts and the editor. I do not know how to do it; I do not know that the gap has been filled, but I do still believe that the general principle holds in writing, which I have

found fairly successful in speaking, that if you can really say what you have to say people will listen to it, and when we have learned that method it seems to me we will have solved the problem.

*Marie Sellers, Home Department Editor, The Country Gentleman.*—The farm magazine is quite different from the general home magazine in that we always have to keep in mind the farm woman. Of course there is interest in it for the general reader too, but we work for the woman on the farm, and there are all kinds of farm women. The trained writer is more likely to be a city person than a country person, and does not know country conditions. We are doing extension work. The magazine reaches thousands of people, and in journalism, just as in extension work, the personal touch is needed.

## PLANNING MY MAGAZINE

LEONARDA GOSS

*Editor of the Farmer's Wife, St. Paul, Minnesota*

In planning my magazine I have just two purposes. I wish to make it practical and inspirational.

This means that I must know the women it reaches—know their needs and their ideals. I can be no desk editor sitting complacently in my office with the fixed idea that I know “what women want.” I must spend much of my time among the actual readers of *The Farmer's Wife*, studying them, watching their reactions, their modes of expression and response. I dare not be static, for they are kinetic and changing. In other words I must, in both a literal and a figurative sense, keep close to the soil and at the same time see the hills and sky. Unless I do both these things I shall be creating a magazine for farm women as fiction and tradition have represented them; as my memory pictures them, when years ago I lived on the farm—in short as I think they should be rather than as they are. Then my magazine could be neither practical nor inspirational.

When I *know* this farm woman I shall meet with her in the spirit of truth. Carlyle has declared that sincerity is the single touchstone of a man's character. It is also the touchstone of a magazine's permanency

and reality. It is the rock on which the farm papers are builded. You cannot look into the clear eyes of a child and deal with them evasively. No more can the editor of a farm paper which is going into the hands of people who live without pretense or fraud, people whose hearts are as honest as their minds—fill her publication with the “bunk” and the shop-made absurdities that crowd the pages of many magazines.

I must have a fixed editorial ideal, one founded on respect and honor for the women I serve. I must not make my decisions in this supercilious wise: “Of course this manuscript is trash; but it is what women want, so let’s go to it!” Nor must my editorial policy be chameleon-like, changing its color month by month. If I am truly guided by a knowledge of farm women I shall honor those women so profoundly that my purpose never wavers: it shall be the purpose of humble service. My magazine, to fill that ideal, must not love to trick itself out in fine clothes; it must strive to have character—character founded on sincerity.

Such an editorial ideal will be cognizant of the complete womanhood of its reader. It will be keenly aware of her practical problems in the kitchen, the barnyard, the poultry yard, the vegetable garden, at the sewing machine, in the shops, at the creamery and the grocery, in the sick room and with the child at her knee. It will strive to be concrete, remembering that the young, inexperienced homemaker who needs definite details, not generalities, is among the number who turn trustingly to its pages; it will keep in mind the older housekeeper who needs only a suggestion or two on which her experience may act. It will try to give her accurate, scientific knowledge but it *must* give this knowledge of the expert in terms of the layman, not of the technician.

It is at this point the editor needs the heartiest, most unselfish, coöperation of you who are experts in the science of homemaking. You must tell us what our homemakers need to know and be patient with us, when we tell you, from our intimate knowledge of them, how our homemakers must have this knowledge translated. You and we must interpret the laboratory simply and clearly—yet without the “soft pedagogics” of the magazine that would entirely popularize the teachings of science.

The magazine which takes into account the complete womanhood of its clientele will consider more than practical work-a-day needs. It will look understandingly into its reader’s deepest aspirations and help her to interpret and act out her half-defined longings. It will help her to be truly a homemaker, a mother, a wife, a neighbor, a citizen.

In planning my magazine, my ideals may soar with never a tail to their kite. I have only to glance at the product that comes each month from the press, to know how I fail. To the preacher who advised his congregation, "Do as I *say* and not as I *do*," I am in hearty sympathy. My remarks in this paper are merely the effort to set before you the inner purpose which finds its way but feebly into outer expression in our magazine, *The Farmer's Wife*, which with all its faults and failings, is dear to my heart. My only prayer is that somewhere and somehow it serves its readers.

## HELPING FARM HOMEMAKERS TO STUDY THEIR BUSINESS

HARRIET MASON

*Associate Editor, The Ohio Farmer*

I was born a farm girl, brought up on the farm, kept house on the farm; I have taught in the country, the village and the high school; I have been a Granger, a Grange speaker, and a Grange officer; and for the last eighteen years I have been a farm press editor. From this, all-around experience, I know pretty well what the farm women want to know. I know what the home economics women can do for them. My difficulty has been chiefly the lack of time you over-worked home economics teachers and graduates have been able to give to the farm press. My difficulty has been in getting articles from you.

For five years now we have been working with groups of neighborhood study clubs trying to help our women use the bulletins. We have kept in close personal touch with these clubs through our weekly page in the *Ohio Farmer*. When there were household topics on the program at Grange or Institute meetings the women would not get up and discuss them on the floor, before an audience, but they would get together in little groups afterwards. Then there were women who could not go to the Institute meetings on account of small children. It seemed that the best way to get at these women was to start schools of their own in their own neighborhoods where they could easily reach each other's houses, and so we started these neighborhood day clubs,



Ohio Farm Women's Clubs, at the Ohio State Grange in the fall of 1911. Eighteen women volunteered to go home and help. Within two weeks the first club was organized in Summit County. Leaders were developed in the neighborhood; members of the clubs were farm owners' wives, hired men's wives, tenants' wives, everybody; the club was the development of the community.

At first I tried to use the Government bulletins. We would print a program, and outline the subject in the *Ohio Farmer*. At first I used to publish with these outlines the titles of the bulletins, the place where they could be obtained, the exact pages, and the paragraphs on the pages that contained the information. At the end of the year I sent out cards asking reports on success. The invariable report was: "We are too busy to hunt out this information; some of our members do not know how to use it; can't you put it over to us in a simpler, more direct way?" That was their statement of the problem. The majority of our women on the farms are too busy, and some of them are too inexperienced; they don't know how to study; so it came about that I make my outline, have an article prepared on it by an expert, and publish that article in the same issue with the lesson outline.

We have clubs in 32 counties in Ohio with over 2000 members.

## PRINTING IN RESPONSE TO REQUESTS

ELIZABETH McCracken

*Editor of Home Progress, Boston, Massachusetts*

The right story at the right time, this is the modern practice with regard to children's reading. And the right time is the time when the child *wants* the particular story, or kind of story, and *asks* for it. The same rule applies to grown-ups and their reading. I have tested it in *Home Progress*—the right article at the right time; that is to say, the time when subscribers not only want it, but ask for it.

To illustrate: I printed an editorial on the importance of balanced menus. A number of subscribers wrote, asking "How shall we know when our menus *are* balanced?" "What shall be our standard in such matters?" In response to these requests I induced Dr. Langworthy to

write an article on "Standards for Home Management in Relation to Food Problems," and printed it, to the great satisfaction not only of the subscribers who had asked the above questions, but also to that of all our other subscribers. Again: I printed an editorial on the value of a well-planned kitchen. Many subscribers wrote, asking "When is a kitchen well-planned?" In response to these questions I obtained and printed an article by G. E. Walsh, on "The Equipment of the Model Kitchen."

There are two advantages in printing in response to requests: One, the certainty that the needs of those subscribers who so much desire help that they write and ask for it, have been definitely met; and the other that specific, rather than general treatment is given to important subjects relating to home economics, and given by authorities.

## THE POSSIBILITIES OF A WOMAN'S PAGE IN THE DAILY NEWSPAPERS

EVA VON BAUER HANSL

*Editor Woman's Page, New York Evening Sun*

I think that when the history of the woman's movement is written, the woman's page in the daily newspaper will not have honorable mention. It has not been a leader but a laggard in every effort for emancipation. In fact it needs emancipation itself. The reason for that is not hard to seek. When editors first gave space to woman's interest it was largely a concession to the advertising department, who said, "If you can show that you are publishing stuff for women, the advertisers will advertise things for women to buy." Nobody in the editorial department was interested; it was a concession; they did not like to do it, and so they thought anybody could write that stuff, and anybody wrote it and it was stuff. That in some instances the woman's page has been put on a higher standard I think is due primarily to the fact that some editor has had an intelligent wife who has given him confidence in the higher mentality of other women.

One of the first things we must do is really to educate managing editors. The managing editor who has this broader view, or who has

tried at all to write what women want, has come to the conclusion that only a woman can tell him, so he has turned over these pages to a woman who has perhaps had that broader sympathy with the attempts of her own sex to take up her business of home making in the most enlightened way she can. Perhaps you will ask, as so many people do, why have a woman's page at all. It is incomprehensible to me that any one should question the legitimacy of including in the daily press the most reliable information about the business of homemaking, especially when we consider that there are more women working in the home than there are men or women working in any other one trade or occupation. You may ask: "Is a newspaper really the proper medium for this kind of information?" The evening paper is, because it goes back into the home; the morning paper is very often taken out. When you consider that, in New York City, there are over 2,160,000 daily newspapers sold, that whatever information is contained in that newspaper costs one cent, and that it is published for no less than 309 days in the year, you see what a splendid educational medium and power a woman's page can be. A daily newspaper affords as good a method for reaching the women who can be reached in no other way, as does extension teaching and the class room for dealing with many minds.

If we are to set a new standard for women's pages and give the most reliable information, we need the help of the home economics workers. An editor is not omniscient, but is really only a medium between the experts who know the things and the public who wants to know them. The business of the editors is largely to find out what the public wants and to find the people who can tell them; our responsibility ends in finding the people who are the right people, and we have to trust to them absolutely to give us that accurate information which after all is the true service. It is difficult to find that combination of home economics expert and journalist.

Are we going to bridge the gap? for there really is an excellent opportunity. Of course, I think plain, simple English has not gone out of style yet. The trouble is that the workers in home economics have been so close to the subject, and know so much about it, that it is difficult for them to put themselves in the position of the people who do not know anything about it. The best way is to use a regular reporter, for often people who cannot write can talk very well to a reporter, and the reporter can take down their remarks and make a good story. The thing we want is to be not unscientific, but non-scientific, readable,



and chatty. I am always amused by the distinction people make between journalism and literature; there are a great many of us in universities who have taken a course in English and a course in journalism, and there are a great many of us who never went to schools of journalism, and our only school was the newspaper. We read what other people wrote, and we sat down and wrote something very much better than what we read, and it was so good the editor could not turn it down. If some of you do not hurry up and learn to write good reading, we shall have to take the things that are good reading even though they are written by people who do not know what they are writing. I am looking for articles on child training, household dietetics, sanitation, and interior decoration; articles for the business woman, such as appeal primarily to a metropolitan newspaper. These should be written, not from the small kitchen point of view, but from that larger world point of view that hitches the kitchen up with the world outside; that makes the home the center but not the whole; that connects the home with the community and the state, and brings back to the home that intelligent interest in the work that has to be done there that sometimes seems to be leaving it. It is really up to the home economics worker to put the home into its proper place in relation to the individual and the community.

Of course, it is expensive to the newspapers to have experts writing on this and that and the other subject, and so they resort to the syndicate—the wholesaler of the feature articles. Each newspaper pays a small sum, perhaps one-third, one-fifth, or one-tenth of what they would have to pay for an exclusive article, and the syndicate pays the writer 50 to 75 per cent of the proceeds of the sale of her article to all the newspapers. This gives one, of course, a much greater audience.

The limitations on a newspaper page are due to two things. One is advertising, and by that I do not mean that we are influenced by what the advertiser wants. Advertising limits space, and so the articles can rarely be more than a few words at the most. Then too there is the difficulty, in a metropolitan newspaper, of giving something to everybody because the city is made up of so many different kinds of people.

I think I have pointed out a few of the infinite possibilities of the woman's page, all of which can be developed in individual ways. The woman's page has to be woman's guide, philosopher, and friend, and more than that, her strength and inspiration, and you are the people who can help us make it so.



## WRITING FOR THE FAMILY OF LOW-COST STANDARDS

FLORENCE NESBIT

*Field Supervisor, Juvenile Court, Chicago, Illinois*

This a much neglected group and one needing a great deal of help. It is possible for the intelligent woman of a fair education, who can read magazines and papers, to get for herself from the various sources open to her, a fairly good knowledge of the things most needed for ordering her household supplies and feeding her family properly, but in order to do that she must also have an income which gives her a little margin, say at least \$1200, with the standards of living which an income of \$1200 means in a city.

But there are a great many families whose total income is only \$2 or \$3 a day; very often only a dollar and a half, and those families are being supported in cities where it costs \$90 a month to buy just the bare necessities. There is very little literature that we can use in working with that group of families, except the contributions of a few social workers. The children must be fed somehow; they must be clothed, and have some sort of a place to sleep. All of the different things that belong to the home must be going on in some way in these homes. We need more help for them. The sort of writing that will meet the needs of these mothers is, of course, the very simplest kind. There are a great many of them who will not use a book or printed matter of any kind, and who must be reached by personal contact, perhaps with the teacher at the school, with the social worker, the club leader, or someone who has more or less influence over the family life. These people themselves need just as much help, and the same sort of help as the mothers. The literature that would be adapted to the needs of the mother is also adapted to the needs of these other people who come in contact with the mother and who have had no special training.

Another thing in which we need help is the definition of the requirements of an economic standard of living. It would be an enormous amount of help to the whole group working with such families if every home economics department in the land should form some sort of a statement of what they feel are the very lowest requirements for a normal standard of living, the lowest, cheapest type of home in which one could with equanimity see children growing up. Even if this could not be reached at present, as some social workers might think, it would be of the greatest value to have the standard toward which one might work.

The following papers from the General Program have been printed in the JOURNAL:

"The Development of the House," Helen B. Young, August, 1917.

"Practice Houses for Students in Home Economics," Isabel Ely Lord, April, 1917.

"The Housing Problem," Lawrence Veiller (to be printed).

"Public Health in the Past and in the Future," C.-E. A. Winslow, October, 1916.

"Relation of Home Economics Education to Social Hygiene," James H. Foster, September, 1917.

"Training Women to Earn—A National Movement," Alvin E. Dodd (to be printed).

"Medium Priced Linens," Mary Schenck Woolman (to be printed).

"The 'Penn' Family Problem," Ada Z. Fish, February, 1917.

The paper "The Basal Energy Requirement of Man," Eugene F. DuBois, was printed in the *Journal of the Washington Academy of Sciences*, Vol. 6, no. 11, 1916.

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Part III of the Proceedings will contain the papers read at the meetings of the Institution Economics Section, and the Extension Section, and at the Budget Conference, with the exception of those published in the JOURNAL.

# BULLETIN

OF THE

## American Home Economics Association

HOME INSTITUTION SCHOOL

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SERIES 5

MAY, 1919

No. 1

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*To the Members of the American Home Economics Association:—*

The Association through the Council has offered its services to promote the Thrift Campaign of the Savings Division of the Treasury Department. As a member of the Association, therefore, it is hoped that you will coöperate in every possible way.

The following letter to the Association from the Savings Division contains some very practical suggestions—ways and means in which assistance may be given. This work should not only prove helpful to the Treasury Department, but should be also of great value to your students.

You have received also from the Treasury Department a copy of *Ten Lessons in Thrift*, that has been prepared by the Savings Division for the use of women's clubs.

If you have any suggestions to offer, or need any further help, Mrs. Alice P. Norton, Editor of the Journal, is now connected with the Savings Division, and will be very glad to take up the matter with you.

Very sincerely yours,

(Signed) EDNA N. WHITE,  
*President.*

A LETTER FROM THE SAVINGS DIVISION OF THE TREASURY DEPARTMENT TO  
THE AMERICAN HOME ECONOMICS ASSOCIATION

The American Home Economics Association, through its Council, has offered to coöperate in the Thrift Campaign undertaken by the War Savings Division. The Association has asked in what ways home economics workers in the class room, the home, or on the platform can put over thrift ideals and methods, and reach the results for which the Government is working.

It is evident that there are opportunities to make this year the beginning of the golden age of wise living; that such opportunities are especially open to a body of people who for many years have been teaching principles that are directly applied to this campaign of thrift.

This letter is written to suggest a few of the specific ways in which those trained in home economics may help in putting before every home and every individual the kinds of thrift that are worth while in daily living; that will give them an idea of proportionate costs, and show them the relation of individual saving to the prosperity of the community and the stability of the nation.

Those of you who are teaching will, of course, work first of all with your own students. See that the thrift program is presented to them. If you are an elementary teacher, this may be done by following some of the suggestions sent out by the Savings Division in National School Service; using fifteen minutes a week in giving a thrift lesson; introducing some thrift problems in the arithmetic class; using thrift stories as supplementary reading; asking the children to plan posters, or to think out thrift slogans; or even giving a simple thrift play. If you are training teachers, offer a short course this summer that will show normal students how to teach even the elementary school child a spending plan, and that will use the child to reach the home with ideals of thrift and practical methods of wise spending and saving.

Urge the department of general economics in your institution to pay especial attention this year to the discussion of wise spending and the theory of savings. Ask to have at least one or two public lectures given during the summer term, perhaps by a local banker or business man, so that every student may have an opportunity to hear what safe investment means.

Start a thrift bureau for students. Keep it open an hour a day. Train one of your own students to answer the simpler questions. Take care of the more difficult ones yourself. Students will bring problems from home, giving you an opportunity to help in the solution of very real and immediate problems.

If the student thrift bureau is successful and conditions warrant it, find some one who will help you start a thrift information bureau for the community in which you live. Suggestions in regard to the method of conducting such a bureau may be obtained from the Savings Division.

Teach simple ways of keeping accounts. Do not lay on the housekeeper too great a burden. An account for a month will give some basis for a budget plan.



Make your own spending plan; you can hardly ask of others what you do not find time to do yourself. You have probably found simple and quick ways of getting at what you want to know. Show others how to do it.

Suggest that the woman's club to which you belong study for part of next year's work "Ten Lessons in Thrift" that will soon be issued by the Savings Division. Leaflets on Household Thrift are in preparation by the Department of Agriculture and the Treasury Department and will soon be available, and will help in such study clubs and elsewhere.

Offer your services as speakers to your local War Savings Directors; suggest other good speakers who have the necessary technical information. The best way to prevent the choice of ill informed speakers is to suggest good ones. Ask some of your graduates who have married and had practical experience in home making to enlist for occasional speaking. Offer a few lessons, if it be not more than two or three, for speakers who need more instruction as to facts.

Try writing. Ask the local newspaper to allow you to conduct a "question and answer thrift column" for a month, and give the best answers in your power to the multitudes of questions that are now being asked in regard to budget making, household accounts, how to buy, how to manage the home.

Gather up suggestive material from your students or from housekeepers, showing the actual way in which different individuals and families spend, and send this to the Savings Division. Send also every possible suggestion of plans of thrift work, of ways of reaching different kinds of people, of methods that you have found successful.

The National Savings Campaign is organized under the Savings Division, War Loan Organization, Treasury Department, Washington, and the active campaign is directed through twelve District Savings Directors located in the twelve Federal Reserve Bank Districts. Under each District Savings Director, an organization of state, county, and local savings directors is administered. The local savings director provides for the establishment of sales agencies for War Savings Stamps, and the organization of War Savings Societies in schools and other educational institutions, and in shops, stores, offices, and other places of employment. The members of the American Home Economics Association can contribute largely to the success of the national campaign by coöperating with their local savings directors in promoting War Savings Societies, and in helping to bring to every individual and family the ideals of thrift and of better living.

COUNCIL MEETINGS, AMERICAN HOME ECONOMICS ASSOCIATION,  
CHICAGO, JUNE 26-29, 1918

During the annual meeting in Chicago, June 26-29, 1918, five Council meetings were held. The following members were present at one or more of the meetings: Miss MacKay, President (presiding at all meetings), Mrs. Norton, Mrs. Calvin, Miss Raitt, Mrs. Dabney, Miss Loomis, Miss Berry, Miss Arnold, Miss Whitcomb, Miss Mathews, Miss Mulligan, Dr. Langworthy, Miss Wardall, Miss Snow, Miss Talbot, Miss White, Miss Field, Miss Twiss, Miss Bevier, Miss McGowan, Miss Wheeler, Miss Loomis, Miss Johnson (representing Miss Milam), Miss Van Rensselaer, Miss Ravenhill, Miss Marlatt, Miss Laird, Miss Baldwin, Miss Miller, Miss Rose, Miss Winchell.

The outstanding features of the meetings were as follows:

Appointment of nominating committee, committee on personnel of standing committees, and committee on resolutions.

Treasurer's report, with the following suggestions as prepared by special finance committee (in absence of regular committee): (1) increased membership; (2) establishment of a budget basis; (3) increased subscription list; (4) personal responsibility of each member for promoting financial strength of the Association.

Campaign for promoting an increased subscription list of the JOURNAL.

Provision made for three meetings a year, as follows: (1) Sectional meeting to be held at time and place of the meeting of the Department of Superintendence of the N. E. A., at mid-year; (2) Regular annual meeting of the Association, to be held the week preceding the annual meeting of the N. E. A., at a place convenient for those attending the N. E. A. (this meeting to be at least three days in length); (3) Sectional meeting to be held in connection with the annual meeting of the N. E. A.

Election of officers.<sup>1</sup>

Continuation of Executive Committee for another year.<sup>1</sup>

Appointment of Program Committee to consist of Mrs. Calvin, Chairman, and the Chairmen of the various sections. Appointment of standing committees, the Journal Board, and the Ellen H. Richards Fund Trustees.<sup>1</sup>

Expressions of appreciation to retiring officers and to the Journal Board for their faithful efforts.

Report of Committee on Reorganization, and acceptance of the following re-statement of policies and principles of the A. H. E. A. as prepared by this Committee.

<sup>1</sup> See List of Officers, Committees, and Section Chairmen, pages 11 and 12.

The Association reaffirms its platform in the following statement:

It is voted to work through the coming year, individually and collectively, in full coöperation with government agencies, to forward the following causes:

I. To establish and maintain instruction in the elements of home management, including the principles of nutrition, the proper choice and preparation of foods, thrift and economy in the use of clothing, fuel, and other household essentials, for all girls in the higher elementary grades and in the high school, at least in the first two years.

II. Inasmuch as the administration of the household is of common interest and importance to both men and women, and the maintenance of the individual away from home also demands an understanding of these matters, to urge appropriate instruction for boys as well as for girls, as far as practicable, in matters relative to the welfare and maintenance of the individual and of the home.

III. To promote the establishment of departments of home economics in normal schools and colleges; and courses dealing with questions of public health, nutrition, and thrift, open to all students, both men and women.

IV. To coöperate in the extension of home economics instruction in the conservation of food, fuel, clothing, and other household essentials to housewives desiring such assistance.

V. To further, individually and collectively, the campaign for child welfare through the establishment of courses of instruction in child care and child welfare in schools and colleges, and through active coöperation with the Children's Bureau.

VI. To aid all community enterprises which extend the ideals of home economics or promote the improvement and maintenance of health.

VII. To support and maintain the Journal of Home Economics as a means of extending knowledge of the subject and of promoting thought and discussion.

VIII. To promote research by encouraging and aiding investigations and research in universities, and by meetings local and national, in order that knowledge may be increased, and public opinion informed, and advancement made secure by legislative enactment.

IX. To give active support to all legislation, state and federal, which aims to secure any of the ends which we are working to promote.

X. For the above purpose to rally all the members of the national association; to stimulate local and state associations to increased endeavor in these directions; and to ask for the coöperation of other existing volunteer agencies now engaged in related movements such as the Federation of Women's Clubs, The Red Cross, Social Service Organizations, Public Health Nursing Associations.

The Council of the Association is hereby authorized and empowered to take appropriate measures to forward this program.



## ANNUAL BUSINESS MEETING

The annual business meeting of the A. H. E. A. was held in Chicago, June 29, 1918, at Ida Noyes Hall, University of Chicago.

The meeting was called to order by the President, Miss MacKay, and the following business transacted:

Report of Committee on Resolutions.

Announcement of plan for meetings.

Announcement of standing committees, Journal Board, and Ellen H. Richards Fund Trustees.<sup>1</sup>

Announcement of officers,<sup>1</sup> (1) Elected by Council, (2) Elected by Association.

(Signed) CORA M. WINCHELL, *Secretary*.

## COUNCIL MEETINGS, BALTIMORE, JANUARY 7 AND 8, 1919

Three Council meetings of the A. H. E. A. were held in Baltimore, Md. at the time of the meetings of the A. A. A. C. and E. S.

The following members were present at one or more of these meetings: Miss White, President (presiding at all meetings), Miss Winslow, Miss Ravenhill, Dr. McCollum, Mrs. Norton, Miss Gearing, Miss Loomis, Mrs. Dabney, Miss Bevier, Mrs. Abel, Dr. Langworthy, Miss Johnson, Miss Lord, Miss Baldwin, Mrs. Calvin, Miss Stanley, Miss Van Rensselaer, Miss Marlatt, Miss Denton, Miss Harris, Miss Winchell.

It was agreed by the Council that the June meeting be held in Blue Ridge, N. C.

A statement of the business handled by the Council follows:

Acceptance of the report of the Finance Committee, presented by Miss Lord, who accepted the chairmanship after the resignation of Mr. Turpin. The report follows:

The Finance Committee has examined the accounts of the Association for several years, and finds with regret that the reserve fund created some years ago has been gradually reduced by annual deficits until the present real balance of the Association is a little more than \$200 (excepting the \$500 savings fund). The Committee presents a tentative budget for 1919 showing a small balance which the Committee hopes may be increased by additions to the membership. The Committee believes that the Association should have a reserve fund of \$1000, and that this should gradually be created. It makes the following definite recommendations:—

Recommended, that the Editorial Board of the JOURNAL present at the Council meeting in February a budget for the JOURNAL for 1919 that does



not contemplate a deficit. The Committee suggests that the present earnings of the JOURNAL do not warrant the employment of an editor for more than the earlier arrangement of half time.

Recommended, that the Treasurer be asked to send a monthly statement of receipts and expenditures, itemized according to the budget headings, to the Association Office and to the Chairman of the Finance Committee.

Recommended, that the Council appoint as auditors of the Treasurer's Report for 1918, two people who are in or near Baltimore, in order that they may examine the books.

Recommended, that no appropriation be made to any section for 1919. Further, that the Institution Economics Section be asked at its next annual meeting to vote that the money now held for it by the A. H. E. A. in a separate fund (December 23, 1918, \$80.97) and also all money from future sales of the Section proceedings, be added to the general funds of the Association, or if this does not meet approval, to vote other disposal of the moneys.

Recommended, that the previous action of the Council in voting that life memberships be added to the Richards Memorial Fund be hereby rescinded, and that a special Life Membership Fund be created, beginning with the two recently paid in, into which all future life membership dues be paid; that this fund be placed in a savings account, and that at the end of each fiscal year 5 per cent of the total amount of this account be paid into the general funds of the Association, for current use.

Recommended, that the Finance Committee be authorized to follow up the offer, received by them from one member, to send, by May 1, 1919, \$10 in addition to regular membership, either in dues for new members or in cash, on condition that 24 others do the same; and to follow up any similar offer.

TENTATIVE BUDGET 1919

<i>Expenditures</i>		<i>Receipts</i>	
Rent ( $\frac{1}{8}$ office).....	\$42	Dues.....	\$1300
Salaries ( $\frac{1}{8}$ office).....	480	Sales, etc.....	20
Clerical ass't, treasurer.....	100		_____
Clerical ass't, other.....	100		\$1320
Postage, stationery, printing .	250		
Annual meeting.....	50		
Travel.....	100		
Bulletin.....	125		
	<u>\$1247</u>		

Respectfully submitted,

ISABEL ELY LORD, *Chairman*,  
ELLEN DABNEY,  
H. G. TURPIN.

Announcement by the President of various phases of work which should be considered by the Association. (1) the Thrift Program, (2) the Health Program, (3) the Americanization Program, (4) the training of home demonstration agents and dietitians, (5) the adaptation of courses to meet the present day demands, (6) the coördination of new phases of work—vocational, general, and extension, (7) the standardization of courses offered by the various institutions in the country, (8) the program for international coöperation along lines of home betterment and the promotion of better health.

Committees were appointed to formulate resolutions in relation to the point of view of the Association concerning the Thrift Program, the Health Program, and the Americanization Program. The resolutions as formulated follow:

*Resolution Concerning the Thrift Program.* Resolved, that the Council of the American Home Economics Association, on behalf of the Association membership, offers the coöperation of this body of trained workers in the projected campaign of the U. S. Treasury on the right use of money. The Council further ventures to urge upon those responsible for this campaign the very great importance of restricting the list of officially authorized speakers in this campaign to men and women who are adequately prepared by training and experience for such a task. From the experience of its members, who come from every state in the Union, the Association has learned the grave danger of employing speakers who have no fundamental knowledge of economics nor experience in adapting this knowledge to family and personal expenditure, and who, with the best intentions and fine patriotism, may, because of their ignorance, discredit the campaign and those who promote it.

*Resolution Concerning the Health Program.* The American Home Economics Association, in common with all other organizations working for the advancement of public welfare, feels both its field of effort and the emphasis of its work to be modified by new conditions. In view of this fact the Association pledges itself to special efforts within its own field by laying stronger emphasis upon all its agencies for the promotion of health, not only of the child but also of the adult, both by the addition of necessary and special courses, and by coöperation with State and National agencies to this end.

*Resolution concerning the Americanization Program.* In view of the world citizenship we are now called upon to share, it is incumbent upon those responsible for the training of others to develop in them an intelligent and sympathetic attitude toward foreign born peoples in order that work among them may be more effective. To this end it is suggested that a study be made—either formal or informal—of the domestic manners and customs of other races and peoples, their origin and intention.

The Council agreed upon the necessity for emphasizing the importance of renewed effort in promoting knowledge through research and interpretation in the regular agencies, such as the Office of Home Economics, the Department of Agriculture, and the research departments of colleges and universities.

A committee was appointed to outline the opportunities and needs of the field of Home Economics, and to see that this information be given publicity through the Journal and the various schools of Home Economics. The members of the committee are as follows: C. F. Langworthy, Chairman; Helen Atwater, Vice-Chairman; Ruth Wardall, Thrift; Antoinette Roof, Home Demonstration Agent Work; Ruth Wheeler, Dietetics; Louise Stanley, Vocational; Sophonisba Breckinridge, Americanization; Dr. Dorothy Reed Mendenhall, Health and Child Welfare.

A committee was appointed to survey the field and make a series of recommendations for modification of home economics courses to meet changing conditions. The members of the committee are as follows: Flora Rose, Chairman; Ethelwyn Miller, Mrs. Mary Swartz Rose, Anna Richardson, Mrs. Henrietta W. Calvin.

Miss Winslow, Chairman of the committee on Social Work, was empowered to enlarge her committee as necessary, and to assume the responsibility of promoting the interest of the Association along specific lines of Americanization.

Miss Loomis, Chairman, Miss Neale and Miss Cooley were appointed as a committee to recommend steps which will lead toward the evaluation of similar courses in various institutions.

The various committees were asked to give reports of programs at the Council meetings in Chicago, in February, and to prepare complete reports for the annual meeting in June.

(Signed) CORA M. WINCHELL,  
*Secretary.*

#### COUNCIL MEETINGS, CHICAGO, FEBRUARY 27 AND 28, 1919

Two Council meetings were held in Chicago on February 27 and 28, during the mid-year meeting of the A. H. E. A. The following members attended one or both of these meetings:—Miss White, President, presiding; Miss Bevier, Miss Mathews, Miss Stanley, Miss Blunt, Miss Field, Miss Winslow, Mrs. Calvin, Miss Cooley, Miss Ward, Miss

Thomas, Miss Lyford, Miss Cara Harris, Miss Marlatt, Miss Leonard, Miss Van Hoesen, Miss Snow, Miss Greer, Miss Baylor, Mrs. Lauderbach, Mrs. Norton, Mrs. Cowan, Miss Winchell.

The following matters of business were handled by the Council:

Provision for a Vocational Section. It was voted that Miss Lord be asked to serve as Chairman of this section. (Miss Lord has accepted the position.)

Voted that the American Dietetic Association be invited to meet with the A. H. E. A. at Blue Ridge. (It was learned later that the American Dietetic Association had already planned to meet with the American Hospital Association.)

Reports of Committees on Standardization of College Courses, Americanization, and New Phases of Home Economics Work were presented.

A standing committee on Standardization of College Courses was authorized, to be named by the President.

The report of the Committee on the Revision of the Constitution was presented, and the suggestions for revision were acted upon by the Council. The proposed changes will be sent out to the members of the Association in time for due consideration before the annual meeting to be held at Blue Ridge, N. C., June 23-28, 1919, at which time action will be taken by the Association.

The Social Work Committee was instructed to prepare a program to be presented at the meeting of the American Association of Social Workers to be held in Atlantic City in June.

(Signed) CORA M. WINCHELL,  
*Secretary.*

#### TWELFTH ANNUAL MEETING

The Twelfth Annual Meeting of the American Home Economics Association will be held at Blue Ridge, N. C., June 23 to 28.

Accommodations will be provided in cottages and in Robert E. Lee Hall—buildings erected for the use of the Y. M. and Y. W. C. A.

The charge for room and board will be \$12.00 to \$15.00 per week. Reservations should be made through the Blue Ridge Association, Blue Ridge, N. C. The railroad station is Black Mountain, N. C.

Fuller details and the program will appear in the next Bulletin.



## STANDING COMMITTEES

## Legislation:

Mrs. Mary H. Abel, *Chairman*  
 Anna M. Cooley  
 Sophonisba P. Breckinridge

## State Supervision:

Edith Thomas, *Chairman*  
 Mrs. Anna Hedges Talbot  
 Agnes Ellen Harris

## International Committee on Teaching Home Economics:

B. R. Andrews, *Chairman*  
 Catharine MacKay  
 Annie Laird  
 Mabel Wellman  
 Elizabeth Sprague

## Social Work:

Emma A. Winslow, *Chairman*  
 Mrs. Alice P. Norton  
 Mildred P. Weigley  
 Lucy Gillett  
 Florence E. Winchell  
 Emma Jacobs  
 Bessie Lee

## Exhibits:

Emma Conley, *Chairman*  
 Pearl MacDonald  
 Gertrude Van Hoesen  
 Lucy Gillett  
 Frances Swain

## Pen and Press:

Anna Barrows, *Chairman*  
 Mrs. Charles Browne  
 Elizabeth McCracken  
 Helen Louise Johnson  
 Helen Cannon

## Organization:

Sarah Louise Arnold, *Chairman*  
 Effie Raitt  
 Emma Gunther  
 Josephine Berry  
 Grace Schermerhorn

## Home Economics Day:

C. F. Langworthy, *Chairman*  
 Helen Atwater  
 Caroline Crawford  
 Blanche Hazard  
 Mrs. E. B. Wilson

## Finance:

Isabel Ely Lord, *Chairman*  
 H. Gale Turpin  
 Mrs. Ellen P. Dabney

## Journal Board:

Mrs. Alice P. Norton, *Editor*  
 Keturah Baldwin, *Business Editor*  
 Mrs. Mary H. Abel  
 C. F. Langworthy  
 Ruth Wheeler  
 Ethelwyn Miller  
 Amy L. Daniels

# The American Home Economics Association

ORGANIZED DEC. 31, 1908.

INCORPORATED MAY 12, 1909.

The American Home Economics Association exists for the purpose of bringing together those interested in the bettering of conditions in the home, the school, the public institution, and the community.  
Annual Dues: Active \$2.00; Associate \$1.00. Only active members receive the quarterly bulletin.

## PRESIDENT

EDNA N. WHITE,  
Ohio State University, Columbus

## VICE-PRESIDENTS

ISABEL BEVIER,  
University of Illinois, Urbana

FLORA ROSE,  
Cornell University, Ithaca, N. Y.

## SECRETARY

CORA M. WINCHELL,  
Teachers College, New York City

C. F. LANGWORTHY,  
U. S. Dept. Agr., Washington, D. C.

## TREASURER

H. GALE TURPIN,  
Baltimore Trust Company, Baltimore

## EXECUTIVE COMMITTEE

The Executive Committee is composed of the following members: The president, three vice-presidents, secretary, treasurer, the retiring president, and five additional members of the Council, chosen by the Council, viz.: Sarah Louise Arnold, Anna Barrows, Alice Loomis, Mary E. Matthews, Catharine Mulligan.

## COUNCILORS AT LARGE

### TERMS EXPIRE 1919

SARAH LOUISE ARNOLD,  
Simmons College,  
Boston, Mass.

JOSEPHINE T. BERRY,  
University Farm,  
St. Paul, Minn.

HELEN LOUISE JOHNSON,  
37 E. 28th St.,  
N. Y. C.

ISABEL ELY LORD,  
Pratt Institute,  
Brooklyn, N. Y.

CATHARINE A. MULLIGAN,  
Converse College,  
Spartanburg, S. C.

### TERMS EXPIRE 1920

MRS. HENRIETTA CALVIN,  
U. S. Bureau of Education,  
Washington, D. C.  
FANNIE TWISS,  
Normal School, Regina,  
Saskatchewan, Canada.

ALICE LOOMIS,  
University of Nebraska,  
Lincoln, Neb.  
EDNA N. WHITE,  
University of Ohio,  
Columbus, Ohio.

MARY E. SWEENEY,  
University of Kentucky  
Lexington, Ky.

### TERMS EXPIRE 1921

EFFIE RAITT,  
University of Washington,  
Seattle, Wash.  
EMELINE WHITCOMB,  
University of Montana,  
Missoula, Mont.

RUTH WARDALL,  
University of Iowa,  
Iowa City, Iowa  
MARY E. MATTHEWS,  
Purdue University,  
LaFayette, Ind.

MRS. CHARLES W. GREENE,  
14 Columbia Ave.,  
Columbia, Mo

### TERMS EXPIRE 1922

EMMA WINSLOW,  
Teachers College,  
New York City.  
ADA FIELD,  
George Peabody College,  
Nashville, Tenn.

JENNY H. SNOW,  
Sup'vr Household Arts,  
Chicago, Ill.  
GRACE DENNY,  
Univ. of Washington,  
Seattle.

CARLOTTA GREER,  
E. Tech. High School,  
Cleveland, Ohio.

### TERMS EXPIRE 1923

MAUDE MURCHIE,  
Sacramento, Cal.

ALICE RAVENHILL,  
23 Dallas Ave.,  
Victoria, B. C.

E. V. MCCOLLUM,  
Johns Hopkins University  
Baltimore, Md.

FLORENCE WARD,  
U. S. Dept. Agr.,  
Washington, D. C.

MARY GEARING  
University of Texas,  
Austin, Texas.

## SECTIONAL COUNCILORS

Institution Economics Section: MRS. MELVIL DEWEY, Lake Placid Club, N. Y.; ELSIE LEONARD, Univ. of Wis.  
Science Section: KATHARINE BLUNT, Univ. of Chicago.

Extension Section: AGNES ELLEN HARRIS, Fla. State College for Women, Tallahassee  
Textile Section: GRACE DENNY, Univ. of Wash., Seattle.

## REPRESENTATIVE COUNCILORS

One representative councilor may be chosen by each affiliated society, provided the councilor is a member of the American Home Economics Association.<sup>5</sup>

## TRUSTEES OF THE ELLEN H. RICHARDS MEMORIAL FUND

### TERMS EXPIRE JANUARY 1, 1920

MARTHA VAN RENSSELAER,  
Cornell University,  
Ithaca, N. Y.

MRS. ANNIE DEWEY,  
Lake Placid Club,  
Lake Placid, N. Y.

ANNA BARROWS,  
Teachers College,  
New York City.

BERTHA M. TERRILL,  
Univ. of Vermont,  
Burlington, Vt.

### TERMS EXPIRE JANUARY 1, 1921

MRS. MARY H. ABEL,  
Woodlawn, Md.

ELIZABETH CONDIT,  
Pratt Institute,  
Brooklyn, N. Y.

ROBERT H. RICHARDS,  
Mass. Inst. of Technology  
Boston, Mass.

MARION TALBOT,  
University of Chicago,  
Chicago, Ill.

### TERMS EXPIRE JANUARY 1, 1922

BENJAMIN R. ANDREWS,  
Teachers College,  
New York,  
(Secretary and Treasurer.)

DR. KATHARINE BLUNT,  
University of Chicago  
DR. LOUISE STANLEY,  
Federal Board for Vocational Education,  
Washington, D. C.

MRS. HENRIETTA W. CALVIN,  
Bureau of Education,  
Washington, D. C.

# BULLETIN

OF THE

## American Home Economics Association

HOME INSTITUTE SCHOOL

Published four times a year by the American Home Economics Association  
1211 Cathedral Street, Baltimore, Md.

Application for entry as second-class matter pending at the Post Office at Baltimore

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SERIES 5

JUNE, 1919

No. 2

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### BLUE RIDGE, NORTH CAROLINA

You are on your way to the **Twelfth Annual Meeting of the American Home Economics Association, June 23 to 28, 1919.** The long train noses its way between the rounded green peaks of the Blue Ridge mountains and comes to a stop as the porter calls: "All out for Black Mountain." The taxicab drivers deafen you with their insistent: "Fifty cents to Blue Ridge. Take your suitcases." A little scattered village lies about the station. Half a mile to the east begins a long steep slope of solid green, broken half way up the mountain side by the clear white outline of a big comfortable-looking building, Robert E. Lee Hall, which marks your destination.

The last part of the drive brings you under the trees and along the banks of rhododendron that make Blue Ridge a paradise of beauty in June. Then you come out into the open grounds about the buildings, where you may view the sweep of the valley below and peak after peak of blue mountain beyond. You register, and are led away to a cottage clinging to the mountain side above, or snuggled away by the stream below the main buildings. If your reservation was late you may have to take a less romantic and slightly more expensive room in Robert E. Lee Hall.

The plant belongs to the Blue Ridge Association, and is operated primarily for the Y. M. and Y. W. C. A. The student conference this year closes June 22; consequently not many rooms will be available before Monday, June 23. By all means plan to stay the entire week, and longer, if possible. The rate is \$12.00 to \$15.00 per week for room and board. Most rooms accommodate two, but single rooms may be had. The Blue Ridge Association aims simply to pay expenses, not to make a profit.

The cottages have 4 to 8 rooms, a sleeping porch, and one or two bath rooms with hot and cold water. One may sleep indoors or on the porch,—it is delightfully cool everywhere. The cot beds are comfortable; all furnishings

are very simple. One should plan for much out of doors tramping and driving, and bring clothing suitable for the mountain trails.

Delightful drives may be arranged for without exorbitant charge. Biltmore and Asheville are about twenty miles away, Hendersonville, Chimney Rock, and other famous spots in the "Land of the Sky" are farther, but within driving distance. Montreat and Ridgecrest, headquarters, respectively, of Presbyterian and Baptist conferences, are each about six miles away.

The Southern Home Economics Association is to have separate programs on Tuesday and Thursday evenings; at other times it will make itself a part of the American Association. The Southern Association extends a most sincere welcome to the American Association and particularly to those members who have not before been in the South.

Reservations should be made immediately, and should specify Cottage or Hall. Address The Blue Ridge Association, Blue Ridge, N. C. Groups desiring to be together in cottages should specify this clearly in making reservations. Mail and telegrams should be sent to Blue Ridge, but railroad tickets read to Black Mountain.

Convention rates have been applied for but have not yet been granted by the railroads. When purchasing tickets be sure to ask for a convention certificate so that a special return fare may be secured in case it is granted in time for our meeting.

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A **directory** will be published early in the fall. In order to bring this up to date, kindly fill in the blank below and return as soon as possible to the American Home Economics Association, 1211 Cathedral Street, Baltimore, Maryland.

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Name.....

Present Address.....

Address after Sept. 1.....

Official position.....

School or college attended.....

Date of graduation.....

Degree, if any.....



## PROGRAM

## TWELFTH ANNUAL MEETING

## AMERICAN HOME ECONOMICS ASSOCIATION

June 23-28, 1919

## MONDAY, JUNE 23

- 9.00 a.m. Sectional Meeting:  
Textile, Ethelwyn Miller, Chairman
- 4.00 p.m. Council Meeting
- 8.00 p.m. Address of President  
Edna N. White, Ohio State University  
The Children's Bureau and Home Economics  
Elizabeth McCracken, U. S. Children's Bureau  
Future Plans for Home Demonstration Work  
Florence Ward, In Charge of Work for Women, Extension North and West,  
States Relations Service, U. S. Department of Agriculture  
Relation Between Home Economics and Americanization Work  
Dr. F. C. Butler, Director Americanization Division, U. S. Department of  
the Interior

## TUESDAY, JUNE 24

- 9.00 a.m. Sectional Meetings:  
Textile, Ethelwyn Miller, Chairman  
Science, Dr. Katharine Blunt, Chairman
- 4.00 p.m. Council Meeting
- 8.00 p.m. Southern Home Economics Association  
President, Edith M. Thomas, Florida State College for Women  
Greetings from the South to the American Home Economics Association  
Catharine Mulligan, Converse College, Spartanburg, S. C.  
Home Economics in the South  
Dr. Bruce R. Payne, President George Peabody College for Teachers, Nash-  
ville, Tenn.  
Address  
Mary E. Gearing, Associate Executive, Division of Health, Bureau of Social  
Education, National Y. W. C. A.  
Canteening with the American Army in France  
Mary E. Sweeney, University of Kentucky

## WEDNESDAY, JUNE 25

- 9.00 a.m. Sectional Meetings:  
Science, Dr. Katharine Blunt, Chairman  
Institution Economics, Elsie Leonard, Chairman
- 8.00 p.m. Food, Science and Reconstruction  
Dr. Graham Lusk, Cornell Medical College. Formerly Member of the  
Interallied Scientific Food Commission

## Some Studies in Bacteriology of Canning

Harold L. Lang, Carnegie Institute of Technology, Pittsburgh, Pa., and  
Office of Home Economics, Washington, D. C.

## The Thrift Education Movement and Home Economics

Dr. B. R. Andrews, Vice-Director, Savings Division, U. S. Treasury  
Department

## Some Public Health Problems

Dr. Edith M. Rabe, Wilmington, Del.

## THURSDAY, JUNE 26

## 9.00 a.m. Sectional Meetings:

Extension, Agnes Ellen Harris, Chairman

Institution Economics, Elsie Leonard, Chairman

Round Table, in charge of Committee on Reorganization of Secondary School  
Courses in Home Economics. Jenny Snow, Supervisor of Home Economics,  
Chicago Public Schools, Chairman

## 8.00 p.m. Southern Home Economics Association

Ada M. Field, George Peabody College for Teachers, presiding

Home Demonstration Work and Its Relation to Rural Life in the South

Bradford Knapp, Chief of Extension Work in the South, States Relations  
Service, U. S. Department of Agriculture

Home Economics Problems in the South. Formal Discussion:

The Agricultural College, Jean McKinnon, University of Kentucky

The State University, Bess Heflin, University of Texas

The Women's College, Dr. Ruth Wheeler, Goucher College, Baltimore, Md.

Vocational Home Economics, Louise Stanley, Federal Board for Vocational  
Education, Washington, D. C.

## FRIDAY, JUNE 27

## 9.00 a.m. Sectional Meetings:

Vocational, Isabel Ely Lord, Chairman

Extension, Agnes Ellen Harris, Chairman

## 7.30 p.m. Farm Life Studies and Their Relation to Home Economics Work

Dr. Charles J. Galpin, Office of Farm Management, Washington, D. C.

The Specialists in Nutrition and the United States Public Health Service

Dr. W. H. Walsh, U. S. Public Health Service

## 8.30 p.m. Vocational Homemaking

Isabel Ely Lord, Pratt Institute, Brooklyn, N. Y., presiding

Homemaking Education

Dr. David Snedden, Teachers College, Columbia University

Note: Dr. Snedden is unable to be present personally, as was originally  
planned, but a paper by him will be made available to everyone before  
the meeting, so that time in the meeting may be given to a full discussion.

The New Home Economics Program

Anna Richardson, Acting Director Home Economics Education, Federal  
Board for Vocational Education

Discussion

The Wage-Earning Girl and Home Economics

Mrs. Anna L. Burdick, Special Agent for Industrial Education of Girls and  
Women, Federal Board for Vocational Education

SATURDAY, JUNE 28

## 9.00 a.m. Business Meeting

Reports of Secretary and Treasurer  
 Reports of Committees  
 Revision of Constitution  
 Election of Officers

## 11.00 a.m. Report of Investigations carried on in the Office of Home Economics during the year 1918-1919

Dr. C. F. Langworthy, Chief of Office of Home Economics, U. S. Department of Agriculture

The Home Demonstration Agent and the Work of the Children's Bureau  
 Mrs. Max West, Children's Bureau, Washington, D. C.

## SECTIONAL MEETINGS

## EXTENSION EDUCATION SECTION

*Thursday, 9 a.m.*

## Organization of Home Demonstration Work:

Southern Division, Bradford Knapp, Chief, Extension Work in the South

Northern and Western Division, Florence Ward, in Charge Extension Work with Women,  
 North and West

State, Neale S. Knowles, State Leader Home Demonstration Agents, Iowa

Mrs. Jane S. McKimmon, State Home Demonstration Agent, North Carolina

Urban, Antoinette Roof, Emergency State Home Demonstration Leader, Mass.

Mary B. McGowan, Urban Agent, Division of Extension, Commercial Club, Nashville, Tenn.

Discussion: Smith-Lever and Smith-Hughes Work

Leader, Bradford Knapp, aided by Florence Ward and Anna Richardson

*Friday, 9 a.m.*

Susie V. Powell, Mississippi, presiding

## Home Economics Extension Problems:

Home Demonstration Agents' Training Courses: The University of Illinois Plan

Mamie Bunch, State Leader of Illinois

Discussion: Leader, Mary L. Matthews, Purdue University, aided by Mary E. Creswell,  
 State Agricultural College, Georgia

## Round Table Discussion of Phases of Home Demonstration Projects:

Dairy Work, Leader, Jessie M. Hoover, Dairy Demonstration Agent, Bureau of  
 Animal Industry, U. S. Department of Agriculture

Poultry Work, Susie V. Powell, Assistant Director in Charge Home Demonstration  
 Work, Mississippi

Clothing, Mabel Wilkerson, University of Illinois

Irene B. Wheeler, County Home Demonstration Agent, Jones County, Iowa

Girls Clubs, Leader, Gertrude Warren, Boys and Girls Club Work, States Relations  
 Service, U. S. Department of Agriculture

Edith Parrott, State Home Demonstration Agent, South Carolina

## INSTITUTION ECONOMICS SECTION

*Wednesday and Thursday, 9 a.m.*

Reports from the annual meeting held in Madison, Wis., June 9 to 13

Topics selected from the following, which were brought up for consideration by paper and discussion:

Courses of Study for Institutional Administration

Dormitory Administration

Cafeteria Management in both the college and commercial worlds, with special emphasis on organization and marketing

School Luncheon Problems

Restaurant and Coffee-shop Management

Hospital Administration

New Phases of Institution Work, such as supervising housekeepers in wealthy homes, and camp directors

## TEXTILE SECTION

*Monday, 9 a.m.*

Ethelwyn Miller, Iowa State College, presiding

The Buying of Textiles, Marion Weller, University of Minnesota

Systems of Marketing used in Household Arts, Beatrice Hunter, University of Chicago

The Content of Household Arts Courses of Study, Mabel Trilling, University of Chicago

The Value of Short Cuts and Red Cross Work, Miss Phelps

Extension Work in Household Arts, Nellie Crooks, University of Tennessee

*Tuesday, 9 a.m.*

Design in Relation to Household Arts

Textile Design. Sources of Present Day Motives

The Influence of Peasant Art upon Costume Design

House Design

## VOCATIONAL SECTION

*Friday, 9 a.m.*

The Home Project in Homemaking

Teacher Training. Round Table Discussion

Leader, Anna Richardson, Federal Board for Vocational Education.

## SCIENCE SECTION

*Tuesday and Wednesday, 9 a.m.*

Experimental Cookery:

Oven Temperature as Related to Consistency of Batters and Doughs and to Gas Consumption

Minna C. Denton, Experimental Kitchen, Office of Home Economics, U. S. Department of Agriculture

Some Factors Governing Fat Absorption in Frying Batters and Doughs

Edith Wengel, University of Wisconsin, and Office of Home Economics, U. S. Department of Agriculture

Report on Vegetables

Elizabeth W. Miller, Iowa State College, Ames, Iowa

Report on Fats

Mrs. Agnes Fay Morgan, University of California, and Miss Woodruff, University of Chicago



CALENDAR

DATE	TIME OF DAY		
	Morning	Afternoon	Night
June 23	Textile Section	Council	General
June 24	Textile Section Science Section	Council	Southern Home Economics Association
June 25	Science Section Institution Section		General
June 26	Institution Section Extension Section Secondary Schools Round Table		Southern Home Economics Association
June 27	Vocational Section Extension Section		Vocational Homemaking
June 28	Business Meeting General		



# BULLETIN

OF THE

## American Home Economics Association

HOME INSTITUTE SCHOOL

Published four times a year by the American Home Economics Association  
1211 Cathedral Street, Baltimore, Md.

Entered as second-class matter July 29, 1919, at the Post Office at Baltimore, Md.

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SERIES 5

NOVEMBER, 1919

No. 3

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### TWELFTH ANNUAL MEETING AMERICAN HOME ECONOMICS ASSOCIATION

The fact that Blue Ridge, N. C., was not generally known to ticket sellers bid fair for a restful stay in the mountains. The program also seemed to have been planned with the double purpose of offering valuable conference periods and allowing time to enjoy the mountain trails and the views from the piazza of Robert E. Lee Hall.

Several other conferences ran parallel to the home economics conference, but there was no time for attending their meetings. The dining hall seating 600 was filled except for occasional meals, when groups were changing. The meals were always served exactly on time and with no delay during the meal, a great convenience. The dining room was in charge of Mary B. Davis of Judson College, while the kitchen was managed by Daisy Brooks of Greensboro Normal School. The efficient service of these two women was much appreciated. One hundred and fifty girls and boys, students of Southern Colleges, served in the dining room and looked after the sleeping rooms. The girls named their dormitory "Martha Washington Hall," and the colored help in the kitchen then called theirs "Booker Washington Hall."

The setting would not be complete without some mention of the frequent rains, and the resulting cloud effects in the mountains. Since

everything was under one roof, except the sleeping quarters in some of the cottages, weather was of minor importance.

The Southern Home Economics Association had its meetings in conjunction with the mother organization, and two of the five general meetings held in the evening were under its auspices.

The President of the Southern Association, Edith M. Thomas, Florida State College for Women, and Catherine Mulligan, Converse College, Spartanburg, S. C., who also extended a greeting, were most hospitable in their greetings to the American Association.

Mary E. Sweeny, University of Kentucky, held her audience spell-bound while she recounted her experiences "Canteening with the American Army in France." At Chateau Thierry and Argonne she and her sister who was with her must have proved themselves most serviceable members of the Y. M. C. A. The American Home Economics Association thrilled with pride in its representative.

It was fortunate that Dr. Bruce R. Payne, President of George Peabody College for Teachers, preceded Miss Sweeny, for he berated home economics teachers soundly. Since criticism frankly given is always stimulating, his statements should be borne in mind. He compared teachers of physics, Latin, English, and others with teachers of home economics as to scholarly attainments and spirit of research, saying that the latter compared unfavorably and were much less well prepared for teaching their subject. Unfortunately there was no time for discussion.

In this connection it is interesting to note that there were in the various sectional meetings a number of reports of research work. One which attracted wide interest was given by Mabel B. Trilling, who reported for a group at work at Chicago University on analysis of the content of household arts courses of study and text books. The material will be published by the University in the form of a monograph, and promises to be most enlightening. As a result of this piece of work Miss Trilling was appointed by the Council Chairman of a Committee on Educational Research in Home Economics. Other members of the committee are Professor Rugg of the University of Chicago and Ethelwyn Miller of Iowa State College, Ames, Iowa. They will add to their number.

Reports on experimental cookery were given in the Science Section by Dr. Minna C. Denton, Experimental Kitchen, Office of Home Economics, U. S. Department of Agriculture. Although she gave glimpses



into various other problems on which she is working, her special subject was "Oven Temperatures as Related to Consistency of Batters and Doughs and to Gas Consumption."

Elizabeth W. Miller, Iowa State College, reported on experiments in vegetable cookery, particularly concerning the changes of color in cooking of green vegetables.

Dr. Katharine Blunt, Chairman, reported for Dr. Agnes Fay Morgan, University of California, Sybil Woodruff, University of Chicago and George Peabody College for Teachers, and Elizabeth Sprague, University of Kansas, three papers on "Changes in Fats in Cookery."

Marion Weller, University of Minnesota, as chairman of a committee appointed at the conference in 1918 reported through Miss Vermilye the results of a questionnaire on the teaching of buying of textiles. Her report was encouraging in that many reported that the questions had stimulated them to strengthen their courses in that respect.

Two other constructive projects were launched in the Textile Section, one an effort to have textile manufacturing concerns, jobbers, and retailers coöperate in producing a few standard materials labeled accordingly. Following such action, the Section will conduct an educational drive in the Association to teach women the advantages of buying the materials. Any reader who can do anything to further the work of the committee in bringing the project to the attention of the trade will do well to communicate with Miriam Birdseye, States Relations Service, U. S. Department of Agriculture, Washington, D. C.

The other effort is in the way of improving the interior decoration and furnishings as shown on moving picture screens, first by bringing the question to the attention of managers of moving picture concerns and suggesting that they employ decorators in staging their plays; second, by asking home economics teachers to report on the furnishings shown in various pictures they may see. Blanks for such reports will be furnished for teachers of home economics or students of house furnishing classes. Address Florence E. Winchell, 176 Elm Avenue, Mt. Vernon, New York.

Dr. C. F. Langworthy gave an account of the very extensive investigations on foot in the Office of Home Economics, U. S. Department of Agriculture, that was a revelation to most of those who heard it. It included a statement of Government bulletins under preparation.

Elizabeth McCracken and Mrs. Max West of the Children's Bureau, Washington, D. C. spoke from the standpoints of home economics in

general and home demonstration in particular. Mary A. Harper, Association for Improving the Condition of the Poor, New York City, reported in detail the work that is being done in nutrition classes for children. Her skillful use of charts and graphs both with the children and parents, in stimulating conscientious efforts, was very suggestive.

Dr. Benjamin R. Andrews spoke on Wednesday evening for the Thrift Education Movement. Dr. Andrews, Mrs. Norton, and Miss Elliott represented home economics work in the Savings Division of the Treasury Department. They urged teachers of home economics to devise schemes for stimulating savings in all schools, in addition to teaching thrifty housekeeping habits.

Dr. Graham Lusk, Cornell University Medical College, spoke on "Food and Reconstruction." His paper will be much used in printed form, for it was written as a result of his investigations as a member of the Interallied Scientific Food Commission.

Dr. F. C. Butler, Director Americanization Division, U. S. Department of the Interior, gave startling figures regarding the illiteracy of native Americans, and urged greater efforts for universal education, and a democratic education in home economics.

Edna N. White, President of the Association, in her opening address on Monday evening reviewed the work of the year on the basis of the platform laid down the previous year. This served to bring before the Conference the big aims of home economics workers and to spur everybody to greater effort.

Miss White's calm poise and her constant attention to the comfort of the group gave an atmosphere of repose which is always conducive to full appreciation of a conference program. It was a great satisfaction to the Association that Miss White was willing to accept the presidency for another year.

The interest shown in all sectional meetings prompted those in charge to arrange the schedule so as to avoid overlapping as far as possible. This meant that nearly everyone was able to attend almost all meetings, but the looked for leisure vanished.

The Institution Section held one session, given over to a report of the meeting in Madison, Wisconsin.

At one of the meetings of the Extension Section Dr. Bradford Knapp, Chief of Extension work in the South, and Florence Ward, in Charge Extension Work with Women, N. and W., spoke and were also available for discussion for several days. Among other speakers on the extension

program were Mrs. Jane S. McKimmon, State Home Demonstration Agent, N. C., and Mary B. McGowan, Urban Agent, Division of Extension, Commercial Club, Nashville, Tenn. The second meeting was devoted to discussion of training courses for home demonstration agents, and phases of home demonstration projects: dairy work, animal industry, poultry work, clothing, girls' clubs, service.

The work of the Textile and Science Sections has already been referred to.

The Vocational Committee meetings were very stimulating, particularly because Anna Richardson and Louise Stanley, both of the Federal Board for Vocational Education, were always available to answer questions on Smith-Hughes and Smith-Lever problems. In the Friday evening meeting, at which Isabel Ely Lord was Chairman, both Miss Richardson and Mrs. Anna L. Burdick spoke. Mrs. Burdick, who is Special Agent for Industrial Education of Girls and Women, Federal Board for Vocational Education, made a strong plea for technical training. Her analysis of the situations with which we are all familiar, i.e., the struggling of women forced to support themselves and others with no training for it, and her masterly use of statistics made Mrs. Burdick's address illuminating to every one.

Dr. David Snedden of Teachers College could not attend the meetings as he had planned, but Miss Lord conducted the discussion of his newly issued pamphlet on Homemaking Education. Dr. Snedden's views are stimulating, and every home economics teacher will be interested to read this pamphlet, for sale by the Bureau of Publications, Teachers College.

Jenny Snow, Supervisor of Home Economics, Chicago Public Schools, conducted a round table discussion as temporary chairman of the Committee on Reorganization of Secondary School Courses in Home Economics. Although nothing definite was formulated as a result of the meeting, the Committee had the benefit of the expressions of opinion and educational practice in all parts of the country. It was gratifying that in many respects there was very general agreement in (1) working toward food and clothing problems as nearly under home conditions as possible; (2) avoiding exploiting of children in lunch room practice; (3) breadth of view in general education rather than over-emphasis on technical skill.

The wide range of interests considered by the committee who arranged the program is apparent. In this connection it should be noted that



Agnes Ellen Harris took over the task of program arrangements at a very late date, due to the illness of the original chairman. The Association was deeply grateful for the wise selection of subjects and the strong speakers.

The annual meeting of the American Home Economics Association is gaining in popularity. It is unfortunate that more cannot attend. Although the meetings prove of great value, the informal discussions of specific problems are even more helpful. Groups of three or four or a dozen spring up on the spur of the moment or as a result of unfinished discussions at meetings. Although one of the charms of the conference is that it is small enough to be personal, still those who attend are eager to see the benefits shared and urge all to make especial effort to attend next June.

FLORENCE E. WINCHELL,

*The Lincoln School of Teachers College, New York City.*

**The Science Section.** The meeting of the Science Section at Blue Ridge emphasized chiefly two distinctly different lines of work—the questions of under-nutrition in children and of experimental cookery. Mary Harper, in charge of the food education work of the New York Association for Improving the Condition of the Poor, gave a stimulating paper on the first subject, with the most recent scientific and clinical experience on nutrition classes for children. The paper was enlivened by delightful tales of her children's attitude toward their own improvement. The discussion showed plainly an encouraging development of nutrition work in many parts of the country, rural and urban, north and south. The car load of cows, imported in more than one southern county as a result of the work of the county agent, is one excellent example.

The rest of the two sessions was devoted to the discussion of experimental cookery in both its manipulative and chemical aspects. Dr. Minna C. Denton, of the Office of Home Economics, reported on several lines of work in progress in the Experimental Kitchen in Washington, including a series of experiments on oven temperatures in cake baking, with the results shown by curves. A short paper on the same subject from Miss West of Milwaukee Downer College gave experiments based on Miss Denton's cake outline, showing the superiority of low oven temperature in cake baking. The report of Elizabeth W. Miller on vegetable cookery discussed the groups of coloring matters in vegetables, chlorophyll, caratinoids and flavores and xanthoncs, and their



changes on heating with acid (the vegetable acids themselves or added acid) and with alkali (alkaline tap water or soda). Chlorophyll, for example, turns olive green with acid, and brighter green with alkali. Good flavor in vegetables is partly dependent upon volatilization of some substances. These volatile substances, from some vegetables at least, have been shown to contain acid and sulphur compounds.

Three papers on fat absorption and decomposition were presented. Elizabeth Sprague reported that the temperature at which various fats give off acrolein corresponds to their relative smoking temperatures. Dr. Agnes Fay Morgan and Rau Cozens gave changes in a number of fat constants before and after frying doughnuts in a fat, and also figures for the absorption of various fats in frying. Sybil Woodruff reported fat absorption in frying potatoes and a dough mixture at different temperatures and times, and differences in iodine number, acidity, and reducing substance (acrolein) in the original fat and fat extracted from fried foods.

Most of the papers are to be printed in the JOURNAL, and so are not summarized further here.

The value and method of teaching experimental cookery was discussed, most of the speakers considering it, if properly done, an important part of the training of the college student.

Several of the experimental cookery papers were partly the result of the plans for coöperative research. The Science Section hopes to develop this coöperative research further. The plan was suggested of having different individuals maintain a sort of clearing house for research in different lines. This person should be informed by members of the association of work which they may have in progress; she should stand ready to answer questions or give advice when she can, on her line, either as to subjects to be investigated or methods to be used, and in general to do all possible to further our coöperative effort.

Dr. Minna Denton, Office of Home Economics, has consented to serve in this capacity in experimental cookery, especially on the manipulative side; Dr. Katharine Blunt, University of Chicago, on the chemical side of experimental cookery problems; Dr. Ruth Wheeler, Goucher College, Baltimore, on adult nutrition. It is hoped that Dr. Amy Daniels, University of Iowa, Iowa City, will serve on nutrition of infants and children. Members who are doing work along these lines are asked to communicate with these women.

The chairman of the Science Section is desirous of bringing together any groups of workers doing similar work on these or other lines of which she may hear.

At the end of the meeting, Dr. Ruth Wheeler moved that the officers of the section be continued for a second year. The motion was carried.

KATHARINE BLUNT,  
*Chairman, Science Section.*

**The Extension Section.** The section was called to order at 9 a.m., June 26, with Agnes Ellen Harris in the chair. The morning was devoted to discussion of organization of home demonstration work. Dr. Bradford Knapp, chief of extension work in the South, gave an excellent report of the rise of home demonstration work, and its progress in the fifteen southern states during the last ten years, developing the fact that the character of the work was determined by the necessity for improving the economic conditions of the farm homes. The success of the work of the excellent women of the South is shown by the fact that throughout the South generally the work of home demonstration agents has commanded as great financial support as has the work of the county agents.

Florence Ward, in charge of extension work with women, North and West, followed with an account of the rapid rise during war years of the home demonstration service in the thirty-three northern and western states. Miss Ward introduced members of her staff in charge of special phases of States Relations Service. Miss Van Hoesen discussed the development of home demonstration service in the cities, and Miss Birdseye the duties of home economics specialists in extension service. Miss Hoover and Miss Frysinger outlined their special work on the staff.

In the absence of Miss Knowles of Iowa, who was to present the subject of state organization, Mrs. Jane S. McKimmon of North Carolina, gave an interesting account of the development of the present organization in that state.

The final discussion of the morning led by Dr. Knapp, Miss Ward, Miss Richardson, and Miss Stanley, concerned the Smith-Lever and Smith-Hughes work.

Susie V. Powell presided over the Friday morning session.

The following home economics extension problems were presented: Home Demonstration Agents' Training Courses, The University of Illinois Plan, Miss Bunch, State Leader of Illinois; Miss Matthews of

Purdue, Miss White of Ohio, Miss Hayes of Connecticut, and Mrs. McKimmon of North Carolina discussed various points in the plan presented.

A round table discussion of the types of home demonstration projects followed. Dairy Work, Leader, Jessie M. Hoover, Dairy Demonstration Agent, Bureau of Animal Industry, U. S. Department of Agriculture; Poultry Work, Susie V. Powell, Assistant Director in Charge Home Demonstration Work, Mississippi; Clothing, Mabel Wilkerson, Textile Specialist, University of Illinois; Girls Clubs, Leader, Gertrude Warren, Boys and Girls Club Work, States Relations Service, U. S. Department of Agriculture.

Reports followed by committees appointed the day before. The Nominating Committee submitted the following report: Chairman, Miss Bunch of Illinois; Secretary, Mrs. Jane S. McKimmon of North Carolina.

The chairman of the committee to develop the policy for extension work submitted the following report:

Your committee on the policy of extension work respectfully recommends the appointment of the following committees for specific service during the coming year.

First, a committee to make a survey of home demonstration projects in cities. Chairman, Miss Hayes of Connecticut, assisted by Miss Neal of Texas.

Second, a committee to find out what is being done in definite training for extension workers; to encourage closer connection of the extension division with the college department of the institution of which it is a part; to outline a suggested course of study which will meet the needs of (a) agents who have had experience in the field, and (b) prospective agents: Miss Bunch of Illinois, Chairman; Miss Sales of New York, Miss Cresswell of Georgia, Miss McCheyne of Utah, Miss Scott of Tennessee, Miss Parrott of South Carolina.

Third, a committee to bring to the attention of the Research Committee of The American Home Economics Association research problems arising in the extension field, and to request the chairman of the American Home Economics Association to send to state leaders reports of problems in consideration in the different college laboratories. Chairman, Miss Kellar of Maryland; members, State Leaders of each of the forty-eight states.

On motion the report was accepted and passed on to the Committee on Resolutions for the American Home Economics Association.



A resolution from the textile section, presented by Miss Birdseye, asking approval of the extension section was approved by vote.

Mr. Moran was introduced for a brief discussion of moving pictures as adding to recreation in extension service instruction.

The section adjourned to meet at the next annual meeting of The American Home Economics Association.

MAMIE BUNCH,  
*Chairman, Extension Section.*

**The Institution Economics Section** of the American Home Economics Association held its annual meeting at the University of Wisconsin, Madison, June 9-13. The program opened with addresses of welcome from President E. A. Birge, Abby Marlatt, and Elsie P. Leonard, and a response by Lenna Cooper.

Lively discussion followed the excellent addresses of Mrs. Hughes of the McAlpin on Opportunities for Women in the Modern Hotel, and Mr. Gregory of the LaSalle on Administration of the Business of the Modern Hotel. Both were most gracious and helpful in response to questions.

The sessions devoted to teaching problems resolved themselves into a very free and vigorous discussion over basic requirements of a course for the training of dietitians. Miss Cooper, at that time Supervising Dietitian for the Army, brought to the notice of the Conference the tabulated results of a questionnaire sent out by her to schools and colleges giving institution training, by which she sought to learn what subjects were taught in home economics and what subjects could be considered as fundamentals for institution training.

The program devoted to the Dietitian set our wits to working and brought out many pertinent questions as to training, status, and ethics. The address made by Dr. Hugh Greeley on the Relation of the Physician and the Dietitian in the Hospital was especially rich in food for thought.

After several sessions of unusually free and frank discussion in assembly and in committee, a proposed two-year course for dietitians was drawn up for consideration at the Blue Ridge meeting and also at the meeting of the American Dietetic Association in Cincinnati in September. Emphasis was laid, and should be laid, on the fact that determination of the length of time in training was not the all-important point sought for so much as the determination of certain fundamental subjects which could be fairly and definitely required for a course in Institutional Administration for Dietitians.



The ever-present and highly interesting School-Lunch and Cafeteria problems were given ample space and treatment under the able leadership of Miss Treen of the New England Kitchen, Boston. Excellent talks, discussion, and pictures—both stereopticon and motion—made this section prominent and enjoyable.

Tea Room Management, Dormitory Administration, and Marketing for the Institution were presented by experienced administrators in these types of institutional work.

The conference numbered only about one hundred, but there was a fine spirit of comradeship. Everybody came to know everyone else and many, because of our "family life" in session and out, found help in the solution of vexatious problems. Several excellent talks by men skilled in the building of various types of equipment and furnishing proved particularly helpful. It was very gratifying and inspiring indeed to have with us prominent hotel and restaurant people—both men and women—from the East and Middle West, and institutional administrators from the East, far West, and South.

The sessions were enlivened by motor trips around lovely Madison, by boat trips on her lakes, and by visits to the many points of interest on the University Campus. The Department of Halls and Commons was open at all times to the visitors—The Central Kitchen proving to be a mecca at all hours.

Through unexpected delay in the arrival of the report of the Madison meeting sent to Blue Ridge for the Institution Economics Section meetings, and also through an unfortunate confusion in regard to leaders and meetings, it is much to be regretted that Institution Economics did not play so prominent a part in the Blue Ridge Conference as the Chairman sincerely planned and expected.

ELSIE P. LEONARD,

*Chairman, Institution Economics Section.*

**The Textile Section.** In the absence of Ethelwyn Miller, chairman of the Textile Section, Mabel Trilling acted in her stead.

The reports by committees appointed the preceding year constituted the program.

Marion Weller, chairman of the committee appointed to investigate the teaching of textiles and clothing to find out in how far the work functioned in training intelligent buying, sent her report, which may be outlined as follows:

The committee sent out a letter<sup>1</sup> to high schools and colleges and although they thought that the returns did not sufficiently represent the various sections of the country the responses were of interest.

1. In many schools students are required and in others merely encouraged to keep systematic accounts of their expenditures.

2. Budget making is studied in many places, usually on a theoretical basis. Many teachers said the work on budgets was to be introduced the coming year.

3. No reports indicated work based on an allowance for clothing. Most of the answers reported that students' selection of clothing showed improvement as a result of clothing study. Some felt the limitations of the mothers' supervision and of the limited assortment of local stores.

4. Practically all reported teaching of renovating and remodelling.

5. Only one school reported a plan for testing garments for length of service.

6. The courses for normal schools and colleges showed definite work in design. Some reported dissatisfaction with the cooperation thus far secured between the art courses and clothing courses in carrying out the designs.

7. Some schools reported shopping trips and excursions to mills, others trips to nearby towns under supervision. All reported stores and buyers very willing to coöperate.

Many expressed appreciation for the suggestions afforded by the letter and intended incorporation of the ideas into their courses for this year.

The committee appointed for the purpose of investigating the Red Cross work done in the clothing classes reported that the work planned had been discontinued as the needs changed at the signing of the Armistice.

Mabel Trilling reported work done at the University of Chicago by the group appointed to investigate the content of courses of study in textiles and clothing and also to consider the use of scientific tests.

The work of this group has been of unusual importance, for they have made and are continuing a very detailed analysis of courses of study and text books in common use, for the purpose of determining how the time and attention of the student are being divided in the various phases of the subject. A report of this work will be published by the University of Chicago Press, and will be intensely interesting to all teachers of home economics.

Two new projects were launched as a result of questions brought up in this meeting.

<sup>1</sup> The letter appeared in the August *Journal*, p. 367.

Miriam Birdseye was made chairman of a committee to attempt the standardization of a few materials in common use.<sup>2</sup>

An effort to improve the quality of interiors shown in moving pictures resulted in the appointment of a committee.<sup>3</sup>

The meetings were very well attended and show considerable promise of the growth of the importance of the Textile Section.

The election of officers for the ensuing year resulted as follows: Chairman, Mabel Trilling; Secretary, Florence E. Winchell.

FLORENCE E. WINCHELL,  
*Secretary, Textile Section.*

#### COUNCIL MEETINGS

Five Council Meetings were held at Blue Ridge. The following members were present at one or more of these meetings: Miss White, presiding; Mrs. Norton, Dr. Langworthy, Dr. Andrews, Misses Mulligan, Field, Hayes, Lord, Agnes Ellen Harris, Cara Harris, McGowan, Ward, Blunt, Thomas, Trilling, Bunch, Elliott, Snow, Sweeney, Matthews, Stanley, Winchell, Richardson, Blood, Baldwin.

The following is a summary of the business conducted at these meetings:

The report of the Finance Committee, including the Treasurer's report, was read and approved, and three new members<sup>4</sup> were added to the Finance Committee to represent the East, Middle West, and South.

It was decided not to require an attendance fee for the Annual Meeting, but to urge all to become members of the Association.

It was voted to print a directory to contain the name, address, professional training, position, and official title of the members of the Association.

The President was asked to formulate a letter, in consultation with the Finance Committee, to be sent by members of the Council to non-members of the Association, asking them to become members.

The Secretary was instructed to communicate with the American Dietetics Association, in order to determine their relationship to the American Home Economics Association.

<sup>2</sup> A more detailed account of the work of this committee is to be found in the September *Journal*, p. 388.

<sup>3</sup> For further details see the general report of the Blue Ridge Meeting, page 3.

<sup>4</sup> For committees see p. 26.



Voted that the Secretary notify chairmen of sections that main meetings of sections must be held at time and place of annual meetings of Association.

Voted that a Committee on Research Information be formed, consisting of Miss Denton, Chairman, and the Chairmen of the Science, Textile, Extension, and Institution Sections.

Voted that President appoint a committee of three, the President ex-officio member, to consider ways and means of accomplishing legislation which is beneficial to the best interests of Home Economics.

Miss Lord, as Chairman of Committee on Revision of Constitution, presented the following scheme for affiliation:

WHEREAS the Council of the A. H. E. A. recognizes the importance of fuller and closer organization of those working in and interested in home economics, and

WHEREAS in the opinion of the Council the state should be the unit of organization, and state associations everywhere stimulated and encouraged, both for their own local work and for the furtherance of national home economics interest, be it

*Resolved*, that the Council encourage such organization and activity during the coming year by the following methods:

1. The appointment, for each of the regions named later, of an officer to be known as "regional councilor," who shall develop state organizations within the assigned district, shall arrange, when advisable, for regional meetings, and shall in every way assume the responsibility of building up the A. H. E. A. in that region and of furthering its work.

2. By the ruling that every state association may become affiliated with the national association on payment of an annual fee of \$5, provided such association has in its own membership at least ten members of the A. H. E. A.

3. By giving each affiliated association representation on the national council through the election of one member (also a member of the A. H. E. A.) as representative councilor, as has been the custom in the past.

4. By planning for a reorganization that will give the state associations due recognition, responsibilities, and privileges.

*"Regions" for A. H. E. A.*

1. Eastern: Six New England States, New York, New Jersey, Pennsylvania, Delaware, District of Columbia.

2. Southern: Virginia, North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, Arkansas, Tennessee, Louisiana, Texas, Kentucky, Maryland.



3. Central: West Virginia, Ohio, Illinois, Indiana, Michigan, Wisconsin, Minnesota, Missouri, Iowa.

4. West Central: Oklahoma, Kansas, Nebraska, North Dakota, South Dakota, Montana, Wyoming, Colorado, New Mexico.

5. Pacific: Arizona, Utah, Nevada, Idaho, Oregon, Washington, California.

6. Canada.

Voted that report be accepted.

It was decided informally that all clubs requesting it be accepted,—undergraduate as allied; community, city, and other clubs as affiliated.

At the request of Miss Lord the Vocational Section was made a committee instead of a section. Miss Lord, as Chairman, was given power to add to her committee as desired.

Voted that the Committee on Elementary and Secondary School Courses in the A. H. E. A. be identical with the Committee on Reorganization of Secondary School Courses in Home Economics, as appointed by the N. E. A., with the addition of Miss Anna Richardson of the Federal Board for Vocational Education.

The following committee was appointed to consider the feasibility of changing the ruling which requires separate teachers for related science and regular science courses in Smith-Hughes Schools: Edith Thomas, Chairman; Dean Vivian, Cora M. Winchell, Alice Loomis, Jean Cox.

A committee on Thrift was appointed.<sup>4</sup>

Miss Winchell was reappointed as secretary and Mr. H. G. Turpin as treasurer.

The appointment of the Ellen H. Richards Fund trustees was postponed until the November meeting of the Council.

CORA M. WINCHELL,  
*Secretary.*

#### BUSINESS MEETINGS

Two business meetings of the Association were held at Blue Ridge, Miss White presiding.

At the first meeting the proposed changes in the Constitution, as mailed to all members May 24, were read and all were voted except the Suggested change, 2, By-laws, Article I, Elections, which provided for two nominations. It was decided that new nominations might be added to those made by the committee, at the time of election. Hence the original statement remains.

The Nominating Committee reported as follows:

President—Edna N. White; Vice-President—Mary E. Sweeny.

Councilors, terms to expire 1924—Alice Blood, Simmons College; Cara Harris, Shelby County, Tenn.; Anna Richardson, Federal Board for Vocational Education; Mildred Weigley, University of Minnesota; Ava Milam, Oregon Agricultural College, Corvallis.

At the second meeting, the Secretary's report of the last annual business meeting was read and accepted.

The new officers were elected as nominated above.

The following committee reports were presented and accepted: Committees on Legislation, Home Economics Day, State Supervision, Social Work, Pen and Press, International Committee on Teaching Home Economics.

The Treasurer's Report was read. The report follows:

Baltimore, Md., June 20, 1919.

I beg to submit herewith a trial balance of the American Home Economics Association showing items of receipts and expenditures from January 1, 1919, to June 13, 1919.

Receipts from all sources for this period total \$5936.37, of which \$142.50 is for life memberships and is to be used for current expenses only to the extent of 5 per cent each year.

For the same period there has been paid \$5843.52, or about \$50.00 less than was received.

If the same ratio is continued through the balance of the year, the books can be closed in December without showing a loss.

I regret that I am not in a position to be of some material assistance in the affairs of the association, but, as explained to Miss Baldwin on several occasions, it will be impossible for me to take any active interest in the policies to be carried out; therefore if at any time the management feels that it would like to have someone as treasurer who could be of more assistance than I, it will be perfectly agreeable to me that someone else be selected for treasurer.

Very respectfully,

(Signed) H. G. TURPIN,  
*Treasurer.*

*Trial Balance as of June 13, 1919*

<i>Dr.</i>		<i>Cr.</i>	
Cash in bank Baltimore Trust Company.....	\$868.56	Surplus.....	\$793.81
Cash in bank Baltimore Trust Company Savings Department.....	595.11	R. M. F.....	4,305.87
R. M. F. Trustees.....	4,070.56	Institution Section.....	81.47
Association:		Life memberships.....	142.50
Traveling expenses.....	16.26	Association dues.....	1,124.00
Printing and stationery.....	27.64	JOURNAL numbers.....	125.44
Postage.....	36.00	JOURNAL advertising.....	889.16
Bulletin.....	63.93	Books.....	6.42
Special.....	26.96	Excess payments.....	.22
Advertising.....	24.50	JOURNAL subscriptions.....	3,647.58
		Exchange.....	1.05
		R. M. F. publications.....	364.99
			<hr/>
			\$11,482.31
JOURNAL:			
Salaries, officers.....	500.00		
Reprints.....	106.79		
Traveling expenses.....	14.00		
Printing and stationery.....	34.36		
Postage.....	7.60		
Special.....	45.37		
Distribution.....	3,289.06		
Discount to news dealers.....	100.24		
Refunds.....	5.55		
Joint:			
Salaries, officers.....	625.00		
Salaries, clerical.....	454.15		
Advertising.....	4.00		
Rent.....	100.00		
Postage.....	100.04		
Telephone and telegraph.....	17.48		
Supplies.....	7.52		
Miscellaneous.....	10.05		
Printing and stationery.....	31.95		
Equipment.....	195.07		
Petty Cash, Miss Winchell.....	75.00		
Petty Cash, Mrs. Norton.....	20.43		
Petty Cash, Miss Baldwin.....	9.13		
	<hr/>		
	\$11,482.31		

It was voted that the report be accepted and that the Secretary be instructed to thank Mr. Turpin.

The following report of the Finance Committee was read by Miss Lord, Chairman, and accepted by the Association:

June, 1919.

*To the Council:*

The Committee did not present a fuller budget at the February Council meeting (Chicago), as there was no data for this. It seems hardly possible to do so in any case for 1919, though it should be possible in December to make a more nearly accurate budget for 1920.

The Committee is confident, however, that expenditures this year will not exceed the budget presented and approved January 7, 1919.

There is a question, however, as to the receipts as calculated in that budget. The financial campaign for \$250, approved at that time by the Council, has brought in \$251, but \$47 of this is in JOURNAL subscriptions. These are desirable from every point of view, but they do not add to the Association resources. The amount needed is therefore still \$46. All pledges have not been fulfilled, and the Committee is confident that the entire amount will be raised. The receipts from January to May are \$934.50. If \$365.50 more comes in (from dues and the campaign) before December 31, there will apparently be no deficit. After the annual meeting, at which time many members pay dues, we shall be better able to calculate this.

As Mr. Turpin, the treasurer, cannot give any other time to A. H. E. A. matters than keeping the accounts, the Finance Committee has only two active members. They respectfully ask that two more members be appointed, one to represent the middle west and one near enough New York to hold meetings with the chairman.

The Committee reports that the JOURNAL budget submitted to the Council February, 1919, and by them approved subject to approval by the Finance Committee, was approved by them without their accepting any responsibility as they have no data enabling them to make a judgment on a JOURNAL budget.

The Institution Economics Section has decided that it is not able to return to the Association the balance credited to it. Therefore the Association cannot count on that \$80.

Respectfully submitted,

(Signed) ISABEL ELY LORD,  
*Chairman.*

The report of the JOURNAL Board was presented by Miss Wheeler and accepted by the Association.

The various Sections of the Association reported officers and plans for the year.<sup>5</sup>

<sup>5</sup> For details of Section meetings see pp. 6-13; for officers of Sections see p. 26.



Miss Blood then reported for the Committee on Time and Place of Meeting. It was suggested that we investigate the possibility of going to Colorado, preferably to Estes Park. Other suggestions were (1) University of Minnesota, (2) Bozeman, Montana.

It was decided that the last week in June is a desirable time because winter meetings interfere with state association meetings. It was decided that the meetings should extend over one week. It was agreed that if Estes Park cannot accommodate the Association, Denver University or Colorado Springs be considered. The work of the committee was ordered continued.

The report of the Committee on Committees was read by Miss Field, Secretary of the Committee.<sup>4</sup> The Committee recommended that the following committees be discontinued: Exhibits, Home Economics Day, and Organization. That the work of the Home Economics Day Committee be taken by the Pen and Press Committee, and that the Executive Committee act as a Reorganization Committee.

Voted that the Committee on Exhibits be continued with Miss Caroline Hunt as Chairman, with power to select committee members.

The report of the Committee on Committees was accepted with this one change.

Dr. Langworthy next gave the report of the special committee on opportunities and needs in the field of home economics. Report accepted.

The Secretary read the preliminary statement from Miss Rose, Chairman of the committee appointed to survey the field and make recommendations for modification of home economics courses to meet changing conditions of the present day. Report accepted.

The Secretary then announced the main acts of the Council, during the meeting of the Association.<sup>6</sup>

The Committee on Resolutions then reported, and the resolutions were accepted by the Association. The resolutions as adopted are as follows:

I. WHEREAS, The A. H. E. A. recognizes the unique opportunity of the Home Demonstration Agents to bring to the attention of the Association problems which require laboratory experimentation for their solution, and

WHEREAS, The Association appreciates the valuable services of the Extension Workers in securing in the homes of the country practical application of the principles of home improvement for which this organization stands, and

WHEREAS, The demand for extension service is far in excess of the supply of well-trained workers; therefore be it

<sup>6</sup> See Council meetings pp. 13-15.

*Resolved*, That the A. H. E. A. recommends the arrangement of home economics courses in colleges and universities, so that during the junior and senior years such electives may be chosen as will best fit the candidate for extension work to understand her field; that at least one unit in demonstration teaching be included in every teachers course, and that a special year be offered, open to graduates in home economics, providing part time for class instruction in the pedagogy of extension teaching; the details of field and office organization and part time in practice work in the field under the supervision of the extension division.

II. WHEREAS, The A. H. E. A. recognizing the great need for Home Economics education to safeguard, develop, and protect the interests of the American home so fundamental to a program of sound national life,

And realizing that the present provisions for the same are inadequate to meet the needs of the large groups of homemakers and future homemakers; be it

*Resolved*, That the A. H. E. A. urge that the present session of Congress pass the bill entitled "A bill to provide for coöperation with the states in the promotion of vocational education in Home Economics, and to appropriate money and regulate its expenditure."

That copies of these resolutions be sent to the Chairmen of the Senate and House Committees on Education and Labor, and be given to the press.

III. *Resolved*, That the A. H. E. A. heartily endorses the National Thrift and Savings Movement, and calls upon all home economics workers to participate personally in this movement by furthering the introduction of government savings societies and the U. S. Thrift clubs into schools and especially all groups and clubs of women and girls.

We recommend the appointment of a National Thrift Committee of the A. H. E. A. to include three members who are asked to appoint a Home Economics Thrift Chairman in each state, whose duties will include

(1) Promoting the Thrift Movement among all home economics institutions and departments.

(2) Organizing Thrift Projects within the regular home economics work.

(3) Establishing thrift standards for students by introducing thrift instruction into the courses of study, by encouraging all students to keep accounts, working out with them carefully planned budgets for their school expenditures.

(4) Providing for the sale of Thrift and War Savings Stamps and other Government securities, in every school.

(5) Encouraging home economics workers to coöperate as speakers on thrift before clubs and other meetings.

IV.<sup>7</sup> WHEREAS, We as home economics teachers realize that women form the bulk of retail purchasers of textile fabrics, and whereas we believe that in the interests of efficient homemaking and of individual and national thrift they should be trained to select such fabrics with discrimination and to study expenditure for clothing in relation to income; therefore be it

*Resolved*, That this Association urge all teachers of clothing in elementary and high schools, vocational schools, normal schools, and colleges, and all home economics extension workers, to feature the selection of textiles and the clothing budget in their courses of study for the coming year; and further that it request the active coöperation of the General Federation of Women's Clubs and of women's magazines and farm journals in bringing these matters before American women and girls; and

WHEREAS, We believe that a large percentage of American women are ready today to create and maintain a market for textile fabrics conforming to reasonable standards, and know that we can readily reach these and others through the various types of home economics teaching in which our members are engaged, be it

*Resolved*, That this Association invite the coöperation of associations of manufacturers, jobbers, and retailers in determining such standards, and in putting on the market a limited number of standardized fabrics of various grades on which is placed some identifying symbol signifying such standardization.

V. Finally, in recognition of our enjoyable week at Blue Ridge, be it

*Resolved*, That the Secretary be asked to express for the A. H. E. A. thanks to Dr. Weatherford of the Blue Ridge Association and his staff of fine young men and women whose kindly thoughtfulness has helped to make our stay so delightful; and especially to Miss Brooks and Miss Davis, whose able management of the dining hall proves the value of our institutional division.

That an expression of appreciation be recorded, of the cordial hospitality of the entire Southern group, and gratitude for the additional profit and pleasure we have enjoyed from the meetings of the Southern Home Economics Association.

That a friendly fellowship be expressed for the other groups in conference here, whose work for the development of a better citizenship is not unrelated to our own.

That a special vote of thanks be accorded the Program Committee and all who contributed to the success of their effort, for so arranging the program as to allow an unhurried enjoyment of all the helpful and inspiring messages it provided.

CORA M. WINCHELL,  
*Secretary.*

<sup>7</sup> These resolutions were proposed by the Textile Section. The substance of these resolutions was also discussed and endorsed separately by the Extension Section.



## THE LEGISLATIVE PROGRAM OF THE AMERICAN HOME ECONOMICS ASSOCIATION

In view of the increasing interest in promoting Home Economics Education through legislative enactments the American Home Economics Association at its annual meeting at Blue Ridge, N. C., decided to enlarge the legislative committee and extend its activities by developing a state organization.

A representative of the Association has been appointed in each state, one of whose duties is to keep the women of her state informed of proposed or needed measures affecting home economics interests, and to enlist the active support of all women's organizations for such legislation.

It will also be the duty of this chairman to see that the Congressmen of her state are made familiar with such measures and are informed of the attitude of the women of the state toward them.

Each member of the Association is asked to put herself in touch with her State Chairman and offer her services in furthering the legislative program.

At the present time there is before Congress a bill introduced by Senator Reed Smoot providing a small fund for each state for research in Home Economics. The bill (S. 2380) was presented on July 8, 1919 and was read twice and referred to the Committee on Agriculture and Forestry. The value of such state appropriation for research has been satisfactorily demonstrated in the case of Agriculture, and the Smoot bill should receive the unanimous endorsement and active support of every woman interested in progress in homemaking.

Another bill in contemplation at the present time is one "to provide for coöperation with the states in the promotion of Vocational Education in Home Economics and to appropriate money and regulate its expenditures."

This bill has been submitted to various state departments of Vocational Education and revised in the light of the suggestions which have been received. While it has not seemed wise to bring this bill before the present session, there is reason to believe that it will be introduced at an early date and it also will need the active support of the Committee and the Association.

The arguments for this bill were given in detail in the article which appeared in the June number of the JOURNAL. The article may be summarized briefly as follows:



1. The administration of Home Economics funds should be unhampered by the rules for Trade and Industry.
2. Better financial support for Home Economics education is needed.
3. The distribution of funds for Home Economics should be on the basis of total population rather than on the basis of urban population.
4. Increased funds are needed for administration and research in Home Economics.

Two changes have been made in the wording of the bill since it was published in the June JOURNAL. One provides that such education shall be conducted in schools or classes which are under public supervision or control; the other provides that at least one third of the sum appropriated to any state shall be expended for the salaries of teachers in evening or part time classes especially designed for those who have already entered upon employment.

Part of the text of the Smoot Bill follows:

A BILL TO PROVIDE FOR AN INCREASED ANNUAL APPROPRIATION FOR AGRICULTURAL EXPERIMENT STATIONS, TO BE USED IN RESEARCHES AND EXPERIMENTS IN HOME ECONOMICS, AND REGULATING THE EXPENDITURE THEREOF

*Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled,* That there shall be, and hereby is, permanently appropriated out of any money in the Treasury not otherwise appropriated, to be paid as hereinafter provided, annually to each State and Territory for the more complete endowment and maintenance of agricultural experiment stations now established or which may hereafter be established in accordance with an Act of Congress approved March 2, 1887, and Acts supplementary thereto, except that in States in which the experiment station established under said Act did not on July 1, 1919, have a department for the investigation of home economics, the beneficiary of this Act shall be that institution which is now receiving the benefits of an Act approved May 8, 1914,<sup>1</sup> to provide for cooperative extension work in agriculture and home economics, the sum of \$2,500 in addition to the sums named in said Acts, beginning with the fiscal year ending June 30, 1917, to be applied only to paying the necessary expenses of conducting original or confirmatory researches and experiments bearing directly on home economics, including both domestic science and domestic art, and printing and disseminating the results of said researches or experiments, having due regard to the varying conditions and needs of the respective States and Territories.

SEC. 2. That for the purposes specified in section 1 of this Act there are also appropriated, to be paid, as hereinafter provided, to each State and Territory

<sup>1</sup> Smith Lever funds.

an additional sum of \$2,500 for the fiscal year ending June 30, 1918, and an additional sum of \$5,000 for the fiscal year ending June 30, 1919, and an additional sum of \$7,500 for each fiscal year thereafter. No payment, out of the sums appropriated by this section, shall be made in any year to any State or Territory until a sum equal to that appropriated by this section for each State and Territory has been appropriated by its legislature, or has been otherwise made available for that year by State, county, experiment station, or local authority for maintenance of cooperative research work and experiments under this Act.

SEC. 3. That cooperative research work and experiments shall be carried on in such manner as may be mutually agreed upon by the Secretary of Agriculture and the State or territorial experiment stations receiving the benefits of this Act. Bulletins or reports of progress, giving the results of researches or experiments in home economics, shall be published by said stations from time to time, and shall be distributed free of charge in accordance with such plans as the Secretary of Agriculture and the experiment stations may agree upon.

SEC. 5. No portion of said moneys shall be applied, directly or indirectly, under any pretense whatever, to the purchase, erection, preservation, or repair of any building or buildings, or to the purchase or rental of land, or to the compensation of any person engaged during the same period in the performance of any duties other than conducting researches or experiments bearing directly on home economics, or printing and disseminating the results thereof.

Both of these bills are being actively supported by the Federation of Women's Clubs under the leadership of Mrs. Greene the national chairman for Home Economics and they should be pushed by every professional worker in Home Economics.

A list of the State Chairmen and of the members of the Educational Committee of the Senate and House follows:

*State Chairmen*

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# The American Home Economics Association

ORGANIZED DEC. 31, 1908.

INCORPORATED MAY 12, 1909.

The American Home Economics Association exists for the purpose of bringing together those interested in the bettering of conditions in the home, the school, the public institution, and the community.

Membership Dues: Annual \$2.00; Life \$50.00.

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SERIES 5

DECEMBER, 1919

No. 4

BULLETIN  
OF THE  
American Home Economics Association

DIRECTORY

Published four times a year  
by the

AMERICAN HOME ECONOMICS ASSOCIATION  
1211 Cathedral Street  
BALTIMORE, MD.

Entered as second-class matter July 29, 1919, at the Post Office at Baltimore, Md.





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- ANDERSON, VIOLA J. Asst. Prof., Univ. of Kans., Lawrence; B.S. 1912, Simmons Coll.; M.S. *ibid.*, 1916.
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- APPLEGATE, M. CORINNE. Dir. of Voc. H. E., High School, Steubenville, O.; B.S. and B. of Ed., Univ. of Pittsburgh, 1918.
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- ARMSTRONG, RENA K. Instructor in H. E., Peabody Coll., Nashville, Tenn.; B.S. Peabody Coll., 1917.
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- ATWATER, RUTH. Instructor in Cookery, Pratt Inst., Brooklyn, N. Y.; Instructor, Summer School, Dept. of H. E., Univ. of Chicago; Diploma for Teacher Training Hhld. Sci., Pratt Inst., 1907.
- AUSTIN, ETHEL. Coll. of Indus. Arts, Denton, Tex.; B.S. So. Dak. State Coll., 1916; B.S. Columbia Univ., 1919.
- AUSTIN, FLORENCE C. Teacher, Monroe Sch., St. Paul, Minn.; Diploma, Univ. of Minn., 1912; Mt. Holyoke Coll.; Stout Inst.

- BABCOCK, ELLA L. Dir. of Hhld. Arts, School Admin. Bldg., 10th and Prairie St., Milwaukee, Wis.; Diploma, Mechanics Inst., 1907; B.S. Teachers Coll., Columbia Univ., 1912.
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TERMS EXPIRE 1922

EMMA WINSLOW,  
Teachers College,  
New York City.

ADA FIELD,

George Peabody College,  
Nashville, Tenn.

JENNY H. SNOW,  
Sup'r Household Arts,  
Chicago, Ill.

GRACE DENNY,

Univ. of Washington,  
Seattle.

CARLOTTA GREER,

E. Tech. High School,  
Cleveland, Ohio.

TERMS EXPIRE 1923

MAUDE MURCHIE,  
State Board of Educ.,  
Sacramento, Cal.

FLORENCE WARD,

U. S. Dept. Agr.,  
Washington, D. C.

ALICE RAVENHILL,

23 Dallas Ave.,  
Victoria, B. C.

MARY GEARING

University of Texas,  
Austin.

E. V. McCOLLUM,

Johns Hopkins University,  
Baltimore, Md.

TERMS EXPIRE 1924

ALICE F. BLOOD,  
Simmons College,  
Boston.

ANNA RICHARDSON,

Federal Board for Vocational Education,  
Washington.

CARA HARRIS,

Court House,  
Memphis, Tenn.

AVA MILAM,

Oregon Agricultural College,  
Corvallis.

MILDRED WEIGLEY,

Univ. of Minn.,  
Univ. Farm, St. Paul.

## SECTIONAL COUNCILORS

Institution Economics Section: MRS. MELVIL DEWEY, Lake Placid Club, N. Y.; ELSIE LEONARD, Univ. of Wis., Madison.

Science Section: KATHARINE BLUNT, Univ. of Chicago.

Extension Section: MAMIE BUNCH, Univ. of Illinois, Urbana.

Textile Section: MABEL TRILLING, Univ. of Chicago.

## REPRESENTATIVE COUNCILORS

One representative councilor may be chosen by each affiliated association.

## TRUSTEES OF THE ELLEN H. RICHARDS MEMORIAL FUND

TERMS EXPIRE JANUARY 1, 1921

MRS. MARY H. ABEL,  
Woodlawn, Md.

ELIZABETH CONDIT,

Pratt Institute,  
Brooklyn, N. Y.

ROBERT H. RICHARDS,

32 Eliot St.,  
Jamaica Plain, Mass.

MARION TALBOT,  
University of Chicago,  
Chicago, Ill.

TERMS EXPIRE JANUARY 1, 1922

BENJAMIN R. ANDREWS,  
Teachers College,  
New York City,  
(Secretary and Treasurer.)

KATHARINE BLUNT,  
University of Chicago

MRS. HENRIETTA W. CALVIN  
Bureau of Education,  
Washington, D. C.

LOUISE STANLEY,  
Univ. of Mo.,  
Columbia.

TERMS EXPIRE JANUARY 1, 1923

MARTHA VAN RENSSELAER,  
Cornell University,  
Ithaca, N. Y.

MRS. ANNIE DEWEY,  
Lake Placid Club,  
Lake Placid, N. Y.

ANNA BARROWS,  
Teachers College,  
New York City.

BERTHA M. TERRILL,  
Univ. of Vermont,  
Burlington, Vt.





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(followed by 701)

# BULLETIN

OF THE

## American Home Economics Association

HOME INSTITUTION SCHOOL

Published four times a year by the American Home Economics Association  
1211 Cathedral Street, Baltimore, Md.

Entered as second-class matter July 29, 1919, at the Post Office at Baltimore, Md.

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SERIES 6

MARCH, 1920

No. 1

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### COLORADO AND THE AMERICAN HOME ECONOMICS ASSOCIATION

The Centennial State, Colorado, can best express her welcome to the American Home Economics Association through the opportunities for recreation, for rest, and for sightseeing, with which she has been so richly endowed. Colorado Springs, with her mile high elevation, her days of sunshine and nights of cool refreshment, offers exceptional comfort and convenience for Association meetings.

Pike's Peak, the famous old sentinel of the Rockies, with its cog road and its broad auto toll road; the "Garden of the Gods," a district of unique rock formation; these, and numerous other attractions are in the immediate vicinity of the convention town.

Colorado contains within her boundaries two famous national play grounds, the Rocky Mountain National Park (Estes Park) and the Mesa Verde National Park.

A half day's ride to the north of the Springs brings the Colorado visitor to the Rocky Mountain National Park. Access to this wonderful mountain resort, nestling on "the top of the world," is possible only by means of automobile highways, the most spectacular of which follows.

the Big Thompson River in its winding course through rugged, rock-walled cañons. Adventure, the thrill of a hundred-mile view at sunrise, the breath taking ecstasy of a glance backward to one's starting point miles below, or just plain, lazy, old-fashioned fun, fishing or riding horseback, are all within reach of the sojourner in Estes Park. It has been repeatedly said that the peaks and ranges of the park offer every incentive, every thrill, and every satisfaction to the mountain climber that may be found in the Alps of Switzerland. One of the most popular climbs, requiring hardihood both of body and of nerve, is the ascent of Long's Peak, towering 14,271 feet above sea level—higher even than the famous Pike's Peak.

The Mesa Verde National Park is in the southwestern part of the state and contains what is considered the most notable and best preserved of the prehistoric cliff-dwellings. These ancient dwellings, clinging to the walls of overhanging cliffs, for all the world like swallow's nests, are constructed of a masonry which has stood, with surprising resistance, the assaults of time, of weather, and of unknown battles. Finger prints of the toilers of centuries ago are still visible in the mortar.

These are a few of the things to see and "do" in Colorado. Besides these there are many, many other attractions such as the Denver Park Mountains, so extensive that they require a day by auto to cover. Almost every town within the state, especially along the foothills, has some scenic attraction to offer, reached invariably by smooth auto roads.

Nor should it be forgotten that Colorado Springs is on the way westward to Yellowstone National Park, and to Glacier Park.

**Hotel Reservations.** The Antlers Hotel is to be the headquarters for the meeting of the American Home Economics Association in Colorado Springs, June 24-29. Other available hotels are the Acacia and the Alta Vista. Reservations should be made immediately by direct communication with the hotels.

The rates are as follows:

*The Antlers*—Single room without bath \$3.00, 2 persons \$5.00; double room, 4 persons, \$8.00. The same with bath, \$5.00, \$7.00 and \$10.00, respectively.

*The Acacia*—Single room without bath \$2.50, 2 persons \$4.00. The same with bath, \$4.00 and \$6.00, respectively.

*The Alta Vista*—Single room without bath \$1.50, 2 persons \$2.50. The same with bath, \$2.00 and \$3.50, respectively.

Rooms accommodating three persons and rooms with bath between are also available.

## TENTATIVE PROGRAM

## THIRTEENTH ANNUAL MEETING

## AMERICAN HOME ECONOMICS ASSOCIATION

COLORADO SPRINGS, COLORADO

June 24-29, 1920

THURSDAY, JUNE 24

- 9.00 a.m. General Session—Institution Economics:  
     Edna N. White, President, A. H. E. A., presiding  
     Lenna F. Cooper, Battle Creek Sanatorium, Chairman  
 The Development of Community Kitchens  
     Mrs. Rufus Dawes, Community Kitchen, Evanston, Ill.  
 Governmental Housing and Feeding of Employes  
     Olive Davis, Government Hotels for Women, Washington, D. C.
- 11.00 a.m. Discussion
- 8.00 p.m. Sectional Meetings:  
     Institution Economics, Lenna F. Cooper, Chairman  
     Extension Education, Mamie Bunch, Chairman

FRIDAY, JUNE 25

- 9.00 a.m. General Session—Extension:  
     Mamie Bunch, University of Illinois, Chairman  
 Recent Progress in Home Demonstration Work  
     Florence Ward, Office of Extension Work, North and West  
     Ola Powell, Office of Extension Work, South
- 10.30 a.m. The Function of Specialists in the Organization of Home Demonstration Work:  
     Scholastic and Other Requirements  
     Relation to the College: to the Field Service in Unorganized Counties  
     Follow-up and Reporting of Field Work  
     Miriam Haynes, State Leader, Colorado  
     Nina B. Crigler, Food Specialist, University of Illinois  
     Mary Femeinear, State Leader, University of Alabama
- 11.30 a.m. Discussion
- 8.00 p.m. General Session—Pen and Press Committee:  
     Edna N. White, Chairman  
 The Publicity Work of the Department of Agriculture in Relation to Home Economics  
     Harlan Smith, U. S. Department of Agriculture, Washington  
 Training Home Economics Students for Journalism  
     Marie Sellers, Pictorial Review, New York City  
 Discussion  
     Mrs. Nell Beaubien Nichols, Topeka, Kansas  
 Home Economics Graduates in Child Welfare Work  
     Mrs. Ira Couch Wood, Elizabeth McCormick Memorial Fund, Chicago

## SATURDAY, JUNE 26

- 9.00 a.m. General Session—Standardization of Textile Fabrics:  
           Mabel B. Trilling, University of Chicago, Chairman  
 Minimum Standards for Textile Fabrics  
           Miriam Birdseye, States Relations Service, Washington, D. C.  
 Cooperation Between the Textile Laboratory and the Mercantile World  
           Grace Denny, University of Washington, Seattle  
 A Study of Purchasing Habits  
           Ethel Phelps, University of Minnesota
- 11.30 a.m. Discussion
- 8.00 p.m. Sectional Meetings:  
           Textile, Mabel B. Trilling, Chairman  
           Science, Nellie E. Goldthwaite, Acting Chairman

## MONDAY, JUNE 28

- 9.00 a.m. General Session—Science:  
           Nellie E. Goldthwaite, Colorado Agricultural College, Chairman  
 The Contribution of European Experience on Low Diets to our Teaching of  
 Dietetics  
           Mrs. Agnes Fay Morgan, University of California  
 Effect on Young of Alternate Periods of Suppression of Growth and Refeeding:  
 Experimental Data on Albino Mouse  
           Helen B. Thompson, Kansas Agricultural College  
 Home Life in the Orient  
           Nellie E. Goldthwaite
- 11.30 a.m. Discussion
- 2.00 p.m. Sectional Meeting:  
           Science, Mrs. Agnes Fay Morgan, Acting Chairman
- 8.00 p.m. Business Meeting:  
           Edna N. White, presiding  
 Reports of Delegates to National and International Meetings  
 Reports of Secretary and Treasurer  
 Report of the Journal Board  
 Reports of Standing Committees  
 Reports of Special Committees:
- Committee on survey of home economics courses  
           Flora Rose, Chairman
- Committee on opportunities and needs of home economics  
           C. F. Langworthy, Chairman
- Committee on data regarding home economics courses  
           Ada Field, Chairman
- Committee on requirements in the Smith-Hughes schools  
           Edith Thomas, Chairman



Committee on Organization of Regional Scheme

Mildred Weigley, Chairman

Committee on Constantinople Fund

Abby Marlatt, Chairman

Election of Officers

TUESDAY, JUNE 29

9.00 a.m. General Session—Vocational Education in Home Making:

Edna N. White, presiding

Mrs. Eva White, College Settlement, New York City, Chairman

2.00 p.m. Vocational Meeting:

Reports from Vocational Conference of Women in Industry

#### SECTIONAL MEETINGS

##### INSTITUTION ECONOMICS SECTION

*Thursday, 8 p.m.*

Standardizing the Work of the Dietitian

Mrs. Corset, U. S. Public Health Service

Discussion

Marion Peterson, Swedish Hospital, Minneapolis

Standardizing the Courses of Study in Institutional Economics

Effie Raitt, University of Washington, Seattle

Cost Accounting in Cafeteria Work

Nina McFarland, Y. W. C. A., Cafeteria, Denver, Colorado

##### EXTENSION EDUCATION SECTION

*Thursday, 8 p.m.*

Training Extension Workers: what is being done in various colleges; suggested courses

Mamie Bunch, State Leader, University of Illinois

Discussion

Marion Hepworth, State Leader, University of West Virginia

Bess M. Rowe, State Leader, Montana Agricultural College

The Value of Exhibits at County and State Fairs

Frances L. Brown, State Leader, Kansas Agricultural College

Research Problems: need and facilities for research

##### TEXTILE SECTION

*Saturday, 8 p.m.*

The Need of Teaching Design in Home Economics

Virginia M. Alexander, College of Industrial Arts, Denton, Texas

Results of Short Cuts in Teaching Clothing: illustrated with lantern slides

Celestine L. Schmit, University of Wisconsin

Report of Misbranding Legislation

Research in Textiles and Clothing: a study of the life of fabrics as affected by fibre, weave, and color

Florence Caton, University of Missouri

Report of Committee on Research in Textiles and Clothing

Mabel B. Trilling, University of Chicago

## SCIENCE SECTION

*Saturday, 8 p.m.*

## Conservation of Gas

Olga Eifritz, Natural Gas Conservation Agent, Bureau of Mines

## Comparative Study of Results Obtained by Fireless and Pressure Cookers

Cecile Stone, University of Missouri

## Comparative Cost of Electricity and Gas in Meal Preparation

Martha E. Dresslar, University of Washington, Seattle

## Vinegar Fermentations

Walter G. Sackett, Colorado State Agricultural College

## Effects of Manipulation and Storage upon the Keeping Quality of Canned Vegetables

Mildred Weigley, University of Minnesota

Alice M. Biester, University of Minnesota

## Report of Committees

*Monday, 2 p.m.*

## Round Table-Nutrition Problems:

Mrs. Agnes Fay Morgan, Chairman

## Bacterial Flora in Home Canned Asparagus

L. D. Bushnell, Kansas Agricultural College

## Digestibility of Raw Starch

C. F. Langworthy, Office of Home Economics, Washington, D. C.

## The Preparation of Inulin from French Artichokes

Anna Williams, University of California

## Round Table—Experimental Cookery:

Nellie E. Goldthwaite, Chairman

## Economical Management of the Gas Range

Minna C. Denton, Office of Home Economics, Washington, D. C.

## Cake Making

Nita Collier, University of Missouri

## Grainy Fats versus Creamy Fats in Cake and Pastry

Minna C. Denton, Office of Home Economics, Washington, D. C.

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The meeting of the N. E. A., in Salt Lake City, follows—July 4 to 10.

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It was found impossible to make arrangements for special railroad rates. **Tourist rates** will be available from all parts of the country after June first. These are not greatly in excess of special convention rates and are more advantageous in regard to time and stopover privileges.

## COUNCIL MEETINGS

CHICAGO, NOVEMBER 11 AND 12, 1919

Two Council meetings were held at the time of the annual meeting of the Association of American Agricultural Colleges and Experiment Stations. The following members were present at one or both of these meetings: Miss White, presiding; Mrs. Calvin, Dr. Langworthy, Mrs. Norton, Misses Berry, Bevier, Blunt, Bumpas, Bunch, Cook, Harris, Leonard, Lord, Marlatt, Milam, Neale, Partridge, Richardson, Snow, Stanley, Trilling, Wardall, Weigley, Winchell.

The following is a summary of the business conducted at these meetings:

At her request Dr. Blood was relieved of the chairmanship of the Committee on Time and Place of the Annual Meeting. Inga Allison was appointed to fill this position.

Miss Lord, as chairman of the Finance Committee was appointed a member of the Council.

Announcement was made of the members of the Committee on Exhibits and the Committee on Vocational Homemaking.<sup>1</sup>

At her request Dr. Louise McDanell Browne was relieved of the chairmanship of the Legislative Committee. Dr. Louise Stanley was appointed to fill the position.

Miss Sarah MacLeod was appointed to organize and execute the membership campaign.

Miss Mabel Trilling was empowered to appoint a member of her committee to fill the vacancy caused by the resignation of Dean Charters. Dr. H. O. Rugg was appointed.

It was voted that the president appoint a committee<sup>1</sup> to develop the regional scheme proposed and adopted at the Blue Ridge meeting.

A letter was read from Attorney General A. Mitchell Palmer, asking for the coöperation of the A. H. E. A. in the effort to equalize the economic situation and eliminate the "Buy Now" slogan of the profiteer. It was voted to coöperate and to refer the matter to Miss Wardall, Chairman of the Thrift Committee.

Miss Berry presented, for Dr. Breckinridge, a proposed plan for organizing and training teachers for the Americanization of the foreign-

<sup>1</sup> For Committees see pages 14 and 15.

born housewife. It was thought that the Carnegie Foundation might furnish funds for a program to be carried out by the A. H. E. A. The Council approved the plan and asked Dr. Breckinridge to appoint her own committee.

A committee<sup>1</sup> was appointed to consider the possibility of a commercial exhibit at the Colorado meeting.

It was voted to continue the present Ellen H. Richards Fund Trustees.

The Chairman of the Social Welfare Section of the American Dietetics Association presented a report calling for comment and criticism concerning proposals for "Assistance in Hospital and Public Health Work from Social Work in Dietetics and Suggestions Concerning the Training of Social Service Dietitians, Directors of Food and Nutrition Clinics, and Public Health Dietitians."

The report of the Treasurer was read, and reports were presented by the Chairmen of the following committees: Program, Legislation, Thrift, Finance.<sup>2</sup> These reports were accepted.

#### CLEVELAND, FEBRUARY 23, 1920

The Council met in Cleveland on the evening preceding the meeting of the A. H. E. A., in connection with the Division of Superintendence, N. E. A. The following members were present: Miss White, presiding; Mrs. Calvin, Mrs. Norton, Misses Atwater, Blood, Colwell, Erwin, Lord, Marlatt, Mulligan, Richardson, Snow, Stanley, Sweeny, Van Meter, Wardall, Winchell, Winslow.

Miss White reported on developments to date concerning the program and the exhibit for the next annual meeting.

The following members were appointed to serve on the Executive Committee: Dr. Alice Blood, Alice Loomis, Mary Matthews, Ava Milam, Mildred Weigley.

The Secretary was advised by the Council to indicate, in all letters to associations applying for affiliation, that by action of the Council at the annual meeting, June, 1919, all affiliated societies are required to pay an annual fee of \$5.00 to the A. H. E. A., and have in their membership ten members of the A. H. E. A. (This in addition to the statement concerning affiliation in the constitution.) It was decided unwise to pro-

<sup>2</sup> As the fiscal year ends December 31, the reports made at this time by the Finance Committee and the Treasurer were only tentative. For complete reports see pages 10 to 13.



pose further legislation concerning affiliation until after the report of the Committee which is at work on the Regional Scheme, Mildred Weigley, Chairman, which will report at the annual meeting in June, 1920.

The Secretary was asked to obtain information concerning the possibility of securing special rates to Colorado Springs or tickets to the N. E. A. meeting in Salt Lake City, with stopover privileges in Colorado Springs.

Miss Marlatt, chairman of the Program Committee, presented a report of progress concerning the proposed plan for the June program.

Miss White announced that Mrs. Norton had been made a "life member" of the Association by former students.

Miss Lord, chairman of the Finance Committee, presented the Association budget allowing an increase in the expenditure for the *BULLETIN* and in the salary of the Office Secretary, with the recommendation that the Association pay one-fourth instead of one-fifth of this salary.

The Finance Committee also presented the *Journal* budget, prepared by the *Journal* Board; the Treasurer's report; and the Auditor's report.

All these reports were accepted.

Miss Marlatt reported upon the proposed plan to establish at Constantinople College for Women a chair of Home Economics to be supported by the Association. A committee<sup>1</sup> was appointed to raise money for the fund to make the professorship possible. It was agreed that three candidates for the position be proposed by the Committee on International Home Economics to the Committee on Teachers from Constantinople College.

Miss Rose was asked to continue the work of the Committee<sup>1</sup> appointed to survey the field for the purpose of making recommendations for modification of home economics courses to meet changing conditions of the present day.

It was voted to continue the work of the Committee<sup>1</sup> on Compilation of Data regarding courses offered by various institutions teaching home economics.

(Signed) CORA M. WINCHELL,  
Secretary.

## ASSOCIATION BUDGET FOR 1920

*Receipts*

Balance from 1919 .....	\$1,523.34
Dues .....	1,400.00
Sales, etc. ....	20.00

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 \$2,943.34
*Expenditures*

Rent .....	\$48.00
Salaries .....	650.00
Clerical assistance, treasurer .....	100.00
Clerical assistance, other .....	100.00
Postage, stationery, printing, office expense .....	272.00
Telephone, telegraph .....	10.00
Advertising .....	50.00
Bulletin .....	350.00
Annual meeting .....	100.00
Travel of officers .....	200.00
Committee on Standardization of Textiles .....	100.00
* Unassigned balance .....	963.34

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 \$2,943.34

\* To be used chiefly for Bulletin and committee appropriations. \$200 underwritten (in addition to \$100 appropriated) for Committee on the Standardization of Textiles.

## JOURNAL BUDGET FOR 1920

*Receipts*

Subscriptions .....	*\$9,800.00
Numbers .....	240.00
Reprints .....	125.00
Advertising .....	1,800.00
Books .....	6.00

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 \$11,971.00
*Expenditures*

Salaries and clerical .....	\$3,500.00
Travel .....	150.00
Printing and distribution .....	7,500.00
Rent .....	192.00
Telephone and telegraph .....	35.00
Postage .....	190.00
Printing, stationery, and office expense .....	300.00
Advertising .....	5.00

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 11,872.00

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 Surplus ..... \$99.00 |

\* Based on estimate of 4600 regular subscribers, 1000 students, and \$400 discount to agents.

## TREASURER'S REPORT

I beg to submit herewith balance sheet and the report of Messrs. William A. Gillespie & Company, Certified Public Accountants, of the operations of the Association and Journal for the year ending December

31st, 1919. The Savings Deposit of \$595.11 is entitled to an interest credit for the year of \$24.00, which item was ascertained too late to be incorporated in the report. You will notice a very gratifying contrast between this and last year's operations.

Respectfully submitted,

(Signed) H. G. TURPIN,  
*Treasurer.*

TRIAL BALANCE AS OF DECEMBER 31, 1919

<i>Dr.</i>		<i>Cr.</i>	
Balance cash in bank.....	\$3,611.05	Surplus.....	\$793.61
Baltimore Trust Company Sav- ings Department.....	595.11	R. M. F.....	4,305.87
R. M. F. Trustees.....	4,070.56	R. M. F. publications.....	384.10
Association:		Institution Section.....	82.79
Clerical.....	34.10	Life membership.....	190.00
Travel.....	142.52	Association dues.....	2,890.87
Printing and stationery.....	56.59	Legislative Fund.....	177.00
Postage.....	50.44	Books.....	6.58
Bulletin.....	114.44	Excess payments.....	1.07
Annual meeting.....	121.43	Journal subscriptions.....	9,639.24
Office expense.....	37.45	Journal numbers.....	239.41
Advertising.....	45.50	Journal reprints.....	122.65
Membership campaign.....	96.85	Journal advertising.....	1,789.92
Journal:		Refunds.....	1.36
Salaries.....	1,200.00	Journal postage.....	1.16
Travel.....	75.84		
Printing and stationery.....	100.11		
Office expense.....	57.91		
Distribution.....	6,277.87		
Exchange.....	1.84		
Club agents.....	.25		
Discount to news dealers.....	373.67		
Joint:			
Salaries.....	1,500.00		
Clerical assistants.....	1,174.25		
Rent.....	210.00		
Postage.....	235.71		
Telephone and telegraph.....	42.95		
Supplies.....	12.82		
Office expense.....	70.88		
Printing and stationery.....	88.35		
Advertising.....	4.00		
Equipment.....	195.07		
Petty cash Miss Winchell.....	22.17		
Petty cash Miss Baldwin.....	5.90		
	<hr/>		<hr/>
	\$20,625.63		\$20,625.63
	<hr/>		<hr/>

## AUDITOR'S REPORT

February 17, 1920.

*The American Home Economics Association,*  
Baltimore, Md.

*Gentlemen:—*

In conformity with your instructions, we report we have made an audit of the books and accounts of your Association for the year ended December 31, 1919, and have found same to be correct.

We submit attached hereto

*Balance sheet* showing the Assets and Liabilities of your Association as of December 21, 1919, and

*Statement of operations* of the Journal of Home Economics and American Home Economics Association, both for the period ended as above.

Respectfully submitted,

(Signed) WILLIAM A. GILLESPIE & Co.

## BALANCE SHEET AS OF DECEMBER 31, 1919

*Assets**Available:*

Cash in bank.....	\$3,611.05	
Petty cash:		
Miss Winchell.....	22.17	
Miss Baldwin.....	5.90	
		<hr/>
		\$3,639.12

*Funds:*

Richards Memorial Fund—Trustees.....	4,070.56
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*Savings deposits:*

The Baltimore Trust Company.....	595.11
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<i>Equipment</i> .....	195.07
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Total assets.....	<hr/>	\$8,499.86
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*Liabilities**Funds:*

Richards Memorial Fund.....	\$4,305.87
Richards Memorial Publication.....	384.10
Institution Section Fund.....	82.79
Life Membership Fund.....	190.00
Legislative Fund.....	177.00
	<hr/>

Total Liabilities.....	\$5,139.76
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Surplus, December 31, 1918.....	793.61
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Add profit for year:

Journal.....	\$1,043.15		
Association.....	1,523.34	\$2,566.49	\$3,360.10
	<hr/>	<hr/>	<hr/>



## JOURNAL

*Statement of operations for the year ended December 31, 1919**Earnings*

Subscriptions (\$9,639.24 — \$373.67*) .....	\$9,265.57	
Numbers .....	239.41	
Reprints .....	122.65	
Advertising .....	1,789.92	
Books .....	6.58	
Excess, postage, and refunds .....	3.59	
		<hr/>
		\$11,427.72

*Expenses*

Salaries and clerical .....	\$3,339.40	
Traveling .....	75.84	
Journal printing and distribution .....	6,277.87	
Rent .....	168.00	
Club agents .....	.20	
Telephone and telegraph .....	34.36	
Postage .....	188.57	
Exchange .....	1.47	
Printing, stationery, and office expense .....	295.66	
Advertising .....	3.20	
		<hr/>
		10,384.57
Profit for year .....		<hr/>
		\$1,043.15

\* Discount to agents.

## ASSOCIATION

*Statement of operations for the year ended December 31, 1919**Earnings*

Dues .....	\$2,890.87
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*Expenses*

Salaries and clerical (office and treasurer) .....	\$534.85	
Clerical (secretary) .....	34.10	
Travel .....	142.52	
Meetings .....	121.43	
Bulletin .....	114.44	
Rent .....	42.00	
Telephone and telegraph .....	8.59	
Postage .....	97.58	
Exchange .....	.42	
Printing, stationery, and office expense .....	128.45	
Advertising .....	46.30	
Membership campaign .....	96.85	
		<hr/>
		1,367.53

Net profit for year .....	<hr/>	\$1,523.34
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## SECTIONS AND COMMITTEES OF THE A. H. E. A.

## SECTIONS

*Institution Economics*

Mrs. Melvil Dewey, *Honorary Chairman*  
 Elsie Leonard, *Chairman*  
 Lenna Cooper, *Secretary*

*Science*

Katharine Blunt, *Chairman*  
 Mabel Olson, *Secretary*

*Extension Education*

Mamie Bunch, *Chairman*  
 Mrs. Jane McKimmon, *Secretary*

*Textile*

Mabel Trilling, *Chairman*  
 Florence E. Winchell, *Secretary*

## STANDING COMMITTEES

*Journal Board*

Mrs. Alice P. Norton, *Editor*  
 Keturah E. Baldwin, *Business Editor*  
 Mrs. Mary Hinman Abel, 5 years  
 C. F. Langworthy, 4 years  
 Amy Daniels, 3 years  
 Ruth Wheeler, 2 years  
 Ethelwyn Miller, 1 year

*Legislation*

Louise Stanley, *Chairman*  
 Sophonisba P. Breckinridge  
 Mrs. Louise McDanell Browne  
 Mrs. Raymond Morgan  
 Mrs. Evelyn Smith Tobey

*State Supervision*

Edith M. Thomas, *Chairman*  
 Adelaide Baylor  
 Agnes Ellen Harris

*International Committee on Teaching Home Economics*

B. R. Andrews, *Chairman*  
 Mrs. Henrietta W. Calvin  
 Anna E. Richardson  
 Catharine J. MacKay  
 Helen Thompson  
 Fannie Twiss

*Educational Research*

Mabel Trilling, *Chairman*  
 H. O. Rugg  
 Ethelwyn Miller

*Research Information*

Minna Denton, *Chairman*  
 Chairmen of Sections

*Vocational Education*

Isabel Ely Lord, *Chairman*  
 Helen Hildreth  
 Anna M. Cooley  
 Maude Murchie  
 Mrs. Iris O'Leary  
 Grace Schermerhorn

*Pen and Press*

Helen Atwater, *Chairman*  
 Helen Louise Johnson  
 Mabel T. Wellman  
 Mary Sweeny  
 Ava B. Milam  
 Annie L. Laird

*Exhibits*

Caroline Hunt, *Chairman*  
 M. Helen Higgins  
 Annie Thompson  
 Jessie Hoover  
 Mrs. Elizabeth MacDonald  
 Lillian Tingle  
 Mrs. Charles Greene

*Finance*

Isabel Ely Lord, *Chairman*  
 H. Gale Turpin  
 Mrs. Ellen P. Dabney  
 Mrs. Martha H. French  
 Emma H. Gunther  
 Susie V. Powell

*Thrift*

Ruth Wardall, *Chairman*  
 Helen Hollister  
 Lois Erwin

*Social Work*

Emma Winslow, *Chairman*  
 Lucy Gillett  
 Sarah J. McLeod

*Revision of Constitution*

Isabel Ely Lord, *Chairman*  
 Mary Gearing  
 Mabel Wellman  
 Anna M. Cooley

*Program*

Abby Marlatt, *Chairman*  
 Chairmen of Sections

*On Time and Place of Meeting*

Inga Allison, *Chairman*  
 Mrs. Elizabeth Vermilye Robinson  
 Edna N. White  
 Katharine Blunt  
 Bess Heflin

## SPECIAL COMMITTEES

*Regional Scheme*

Mildred Weigley, *Chairman*  
 Ava B. Milam  
 Agnes Ellen Harris  
 Mary Parker  
 Isabel Ely Lord

*Commercial Exhibit*

Elsie Leonard, *Chairman*  
 Mabel Trilling  
 Mrs. Alice P. Norton  
 Mamie Bunch  
 Jenny Snow

*Constantinople Fund*

Abby Marlatt, *Chairman*  
 Isabel Ely Lord  
 Agnes Ellen Harris  
 Isabel Bevier  
 Alice M. Loomis  
 Ava B. Milam

*Survey of Home Economics Courses*

Flora Rose, *Chairman*  
 Ethelwyn Miller  
 Mary Swartz Rose  
 Anna Richardson  
 Mrs. Henrietta W. Calvin

*Opportunities in Home Economics*

C. F. Langworthy, *Chairman*  
 Helen Atwater  
 Ruth Wardall  
 Antoinette Roof  
 Ruth Wheeler  
 Louise Stanley  
 Sophonisba Breckinridge  
 Dorothy Reed Mendenhall

*Reconsideration of Smith-Hughes Requirement*

Edith Thomas, *Chairman*  
 Alfred Vivian  
 Alice Loomis  
 Jean Cox  
 Cora M. Winchell

*Data Regarding Home Economics Courses*

Ada Field, *Chairman*  
 Katharine Blunt  
 Bertha Terrill

## PROPOSED CHANGES IN THE CONSTITUTION

## ARTICLE —

*Regional Organization*

*Section I.* The Association shall be organized by regions comprising groups of states.

The states shall be divided up into the following regions: 1 Eastern; 2 Southern; 3 Central; 4 West Central; 5 Pacific; 6 Canada:

The grouping of states within these regions and any changes in these groupings shall be determined by the Council.

*Section II.* Each region shall have an officer known as a "regional councilor."

The duties of the regional councilors shall be to develop, when possible, state organizations within the above regions; to arrange, when advisable, for regional meetings, and to assume responsibility for building up and futhering the work of the American Home Economics Association in the aforesaid regions.

## BY-LAWS

## ARTICLE III, SECTION 2

*Original.*—(1) Affiliated Societies.—State or other local Home Economics organizations affiliating with the American Home Economics Association shall include in their constitution the following statements: "The object of this organization is the same as that of the American Home Economics Association, as stated in its constitution, Article II. In addition this association wishes to devote itself more specifically to the problems of Home Economics as they develop in its local field." Each such association is entitled to a representative on the Council, chosen by the association from members of the American Home Economics Association.

*Proposed change.*—Insert before the last sentence: "Such affiliated societies must have within their own membership at least ten members of the American Home Economics Association, and must pay an annual fee of five dollars into the American Home Economics Association."



# BULLETIN

OF THE

## American Home Economics Association

HOME INSTITUTION SCHOOL

Published four times a year by the American Home Economics Association  
1211 Cathedral Street, Baltimore, Md.

Entered as second-class matter July 29, 1919, at the Post Office at Baltimore, Md.

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SERIES 6

JUNE, 1920

No. 2

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### ANNUAL MEETING

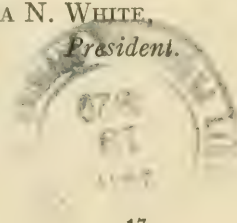
COLORADO SPRINGS, JUNE 24 TO 29

We are fortunate this year in holding our annual meeting with the western group in one of the most delightful vacation places in the country and it is to be hoped that the members of the Association will plan to attend the meeting and spend their vacation in Colorado.

Education in general has been facing many new problems since the war, and if home economics is to hold the place that it should in the educational field we must avail ourselves of every opportunity for conference. It will take the united efforts of all home economics workers to carry us "over the top."

Plan to meet in Colorado June 24 to 29 so that we may have the largest group we have ever had.

EDNA N. WHITE,  
*President.*



REVISED PROGRAM  
THIRTEENTH ANNUAL MEETING  
AMERICAN HOME ECONOMICS ASSOCIATION  
COLORADO SPRINGS, COLORADO

June 24-29, 1920

Council Meeting, Wednesday, June 23, at 8.00 p.m.

THURSDAY, JUNE 24

- 2.00 p.m. General Session:  
Inga M. K. Allison, Colorado Agricultural College, presiding  
Welcome to Colorado  
Charles Lory, President, Colorado Agricultural College  
Response  
Edna N. White, President, A. H. E. A.
- 3.00 p.m. The Development of Community Kitchens  
Mrs. Rufus Dawes, Community Kitchen, Evanston, Illinois  
Governmental Housing and Feeding of Employees  
Olive Davis, Government Hotels for Women, Washington, D. C.  
Discussion
- 8.00 p.m. Sectional Meetings:  
Institution Economics  
Extension Education

FRIDAY, JUNE 25

- 9.00 a.m. General Session:  
Edna N. White, presiding  
Problems of Home Economics in the South  
Harriet A. Boyer, President Southern Home Economics Association  
Recent Progress in Home Demonstration Work  
Florence Ward, Office of Extension Work, North and West  
Ola Powell, Office of Extension Work, South  
The Function of Specialists in the organization of Home Demonstration Work:  
Scholastic and other Requirements  
Relation to the College: to the Field  
Service in Unorganized Counties  
Follow-up and Reporting of Field Work  
Miriam Haynes, State Leader, Colorado  
Nina B. Crigler, Food Specialist, University of Illinois  
Mary Femeinar, State Leader, University of Alabama  
Discussion
- 2.00 p.m. Round Tables:  
Red Cross  
Public School Teachers

## 8.00 p.m. General Session:

- Abby Marlatt, University of Wisconsin, presiding
- Home Economics Graduates in Child Welfare Work
- Mrs. Ira Couch Wood, Elizabeth McCormick Memorial Fund, Chicago
- Training Home Economics Students for Journalism
- Marie Sellers, Pictorial Review, New York City
- The Publicity Work of the Department of Agriculture in Relation to Home Economics
- Harlan Smith, U. S. Department of Agriculture, Washington, D. C.

## SATURDAY, JUNE 26

## 9.00 a.m. General Session:

- Edna N. White, presiding
- The Work in Nutrition of the National Research Council
- C. F. Langworthy, Office of Home Economics, Washington, D. C.
- Discussion

- Isabel Bevier, University of Illinois
- Report of Constantinople Fund

Abby Marlatt, University of Wisconsin

## 10.00 a.m. Minimum Standards for Textile Fabrics

- Miriam Birdseye, States Relations Service
- Coöperation Between the Textile Laboratory and the Mercantile World
- Grace Denny, University of Washington
- A Study of Purchasing Habits
- Ethel Phelps, University of Minnesota
- Discussion

## 8.00 p.m. Sectional Meetings:

- Textile
- Science

## MONDAY, JUNE 28

## 9.00 a.m. General Session:

- Isabel Bevier, University of Illinois, presiding
- The Contribution of European Experience on Low Diets to our Teaching of Dietetics
- Mrs. Agnes Fay Morgan, University of California
- Effect on Young of Alternate Periods of Suppression of Growth and Refeeding:
- Experimental Data on Albino Mouse
- Helen B. Thompson, Kansas State Agricultural College
- Discussion

## 2.00 p.m. Sectional Meeting:

- Science

## 8.00 p.m. Business Meeting:

- Edna N. White presiding
- Reports of Delegates to National and International Meetings
- Reports of Secretary and Treasurer
- Report of Journal Board
- Reports of Standing Committees
- Reports of Special Committees:
- Committee on Modification of Home Economics Courses
- Flora Rose, Chairman

- Committee on Opportunities and Needs of Home Economics  
C. F. Langworthy, Chairman
- Committee on Data Regarding Home Economics Courses  
Ada Field, Chairman
- Committee on Requirements in Smith-Hughes Schools  
Edith Thomas, Chairman
- Committee on Organization of Regional Scheme  
Mildred Weigley, Chairman
- Election of Officers

## TUESDAY, JUNE 29

- 9.00 a.m. General Session:
- Sarah Louise Arnold, Dean of Simmons College, presiding
  - The Nation and Education  
Hugh Magill, National Education Association
  - Education of Girls and Women for Industrial Occupations  
Cleo Murtland, University of Michigan
  - Wage Earning Girls: Minimum Essentials of Homemaking and Standards of Employment  
Anna Lalor Burdick, Federal Board for Vocational Education  
Helen Livingstone, Cass Technical High School, Detroit
  - Demonstration Agents in Commercial Work  
Mrs. Claudia Murphy, Consultant in Home Economics, New York City
  - Part-time Education in Vocational Schools  
Adelaide Baylor, Federal Board for Vocational Education
- 2.00 p.m. Round Tables:
- Education in Homemaking
  - Exhibits

## SECTIONAL MEETINGS

## INSTITUTION ECONOMICS SECTION

*Thursday, 8 p.m.*

Lenna F. Cooper, Battle Creek Sanitarium, Chairman

- The Work of the Dietitian in the United States Public Health Service  
Mrs. Hallie B. Corsette, Supervising Dietitian, U. S. Public Health Service
- Discussion  
Representative from the Minnesota Dietetic Association
- Some Feeding Problems with Lumbermen of the Northwest  
Effie Raitt, University of Washington
- Cost Accounting in Cafeteria Work  
Margaret Proctor, National Board, Y. W. C. A.
- A Wider Vision in Hotel Service  
Mrs. Henry Champion Brown, Lewis Hotel Training School

## EXTENSION EDUCATION SECTION

*Thursday, 8 p.m.*

Mamie Bunch, University of Illinois, Chairman

- Training Extension Workers: what is being done in various colleges; suggested courses  
Mamie Bunch, State Leader for Illinois



*1917-18 found out of place  
(found ahead of 1918-19)*

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SERIES 7

MARCH, 1921

No. 1

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### A CALL TO SERVICE

The great hour of opportunity for the American Home Economics Association is at hand, an hour made possible by the contributions of the home economics worker to the world during the war. The call for even greater service is now being made to every home economics worker in America.

The world is focusing on the health of the human race from childhood to old age. Every association dedicated to bettering human life is calling for more information regarding human nutrition, maintenance of efficiency, and the direct teaching of those basic principles which enter into everyday living. In all these, home economics workers are the leaders who must point the way. The need was never more compelling, the call was never more imperative; they must either forge ahead and assume leadership or surrender it to others.

The International Congress of Home Economics Instruction to be held in Paris in July, 1922, is looking to the American Home Economics Association for assistance. It is our opportunity to help direct the trend of home economics education and practice over all the world. Austria is asking home economics educators to come to her and advise regarding the systematic introduction of home economics into her universities.



and secondary schools. Our own Mrs. Norton is organizing the work for the Constantinople College for Girls.

The hour for leadership, for service, for constructive development, was never so full of promise for the Association.

The Atlantic City meeting proved beyond question the intense interest of school authorities and the public in home economics and its constructive program. In developing the policies and the program of work for next year, the Association needs every one of the ten thousand home economics trained women in the United States. Will any one of you fail to answer this challenge to service, to contribute your part to the annual meeting at Swampscott, Massachusetts, June 27 to 30? The Association needs all your experience, your help, your point of view. The whole world needs all that America can give along home economics lines. This is a call to service, to leadership for every woman in the United States who has dedicated her life to bettering humanity through direct, scientific, systematic training in home economics.

MARY E. SWEENEY,  
*President.*

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**The Fourteenth Annual Meeting of the American Home Economics Association will be held at the New Ocean House, Swampscott, Mass., June 27 to 30. Further announcement will appear in the June BULLETIN.**

## THE MID-WINTER MEETING

FEBRUARY 28 AND MARCH 1, 1921

The members of the Association fortunate enough to attend the meeting, held in Atlantic City, will remember it as one of the significant gatherings in the history of the Association. The attendance was larger than usual at the mid-winter meetings, running well over 300 at some sessions and including interested visitors from other organizations. The program committee is to be congratulated on the success with which the main topic of each session was developed by the individual speakers, and on the general sense of unity and vigor which pervaded all the meetings.

The opening speech of the president, Mary Sweeny, struck the keynote in emphasizing the changed trend of home economics since 1917. Then it seemed in a measure "the step-child of agriculture and the second wife of industrial training," but now it is coming to be generally recognized as the science and art of rational living.

The papers presented showed that home economics still bases its teaching firmly on the facts of chemistry and physiology, economics and sociology, but they showed further that it is not merely using the facts to teach school children how to cook and sew, but is bringing them directly to the woman in the home and the girl at work in such a way that everyday living in the home is in better accord with health, beauty, and enjoyment. Moreover, home economics is helping bring down the cost of living by showing people how to get the best returns for the money they spend on the merchandise used in daily life. It is aiding in the health movement by providing school lunches and clinics for undernourished children, by teaching personal and household hygiene, and by tying up its work with that of the physical training agencies. In doing this it is going to psychology for help in methods of approach to children and adults, and to applied art in adapting materials and designs to clothing and house furnishings. It is getting into touch with manufacturers and retailers in the hope of improving standards of taste. In short, as was brought out by the discussion at these meetings, home economics is showing itself what its friends have always felt it to be, the science of human welfare.

*The Pen and Press Committee.*

## COUNCIL MEETINGS

FEBRUARY 28 AND MARCH 1, 1921

*Members present.* Mary Sweeny, presiding; Lenna F. Cooper, Edna White, Ada Field, Alice Blood, Anna Richardson, Florence Ward, Minna Denton, Ola Powell, C. F. Langworthy, Mrs. Charles Greene, Keturah Baldwin.

The minutes of the last meeting were not read, as they had already been printed.

*Treasurer's Report.* Report read by Miss Sweeny.

*To the American Home Economics Association:*

I beg to hand you herewith the following: Trial Balance as of December 31, 1920. Statement of operations for the year. Statement of assets and liabilities, after closing the books. Letter from Mr. E. D. Rowles who has audited the accounts for the year.

You will note that the surplus account was drawn upon in the amount of \$1,211.93, the Association using \$1,003.30 and the *Journal* \$208.63, leaving the surplus at the close of 1920 at \$2,148.17. The proportion of this surplus earned by the Association is \$975.49 and the *Journal* \$1,172.68.

The net amount of cash due the Richards Memorial Fund is \$712.83. The item of \$226.63, due from Williams & Wilkins Company was for advertising due in 1920 for which credit was taken but check was not received until January, 1921.

Respectfully submitted,

(Signed) H. GALE TURPIN,  
*Treasurer.*

## TRIAL BALANCE AS OF DECEMBER 31, 1920

*Assets*

## Association:

Salaries—clerical.....	\$116.13
Traveling expense.....	257.50
Printing and stationery.....	77.54
Postage.....	46.62
Telephone and telegraph.....	6.64
Bulletin.....	713.64
Annual meeting.....	114.64
Office expense.....	56.73
Advertising.....	42.00
Committees.....	41.95
International Office.....	25.00
Textile committee.....	300.00

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\$1,798.39



## Journal:

Salaries—officers.....	\$1,200.00	
Traveling expense.....	151.23	
Printing and stationery.....	119.25	
Office expense.....	26.96	
Postage.....	70.31	
Discount to dealers.....	398.54	
Distribution.....	8,835.80	
Exchange.....	1.18	
Excess payments.....	1.45	
	<hr/>	\$10,804.72

## Joint:

Salaries—officers.....	\$1,800.00	
Salaries—clerical.....	1,318.25	
Rent.....	240.00	
Postage.....	273.59	
Telephone and telegraph.....	41.68	
Office expense.....	121.84	
Printing and stationery.....	48.91	
Advertising.....	5.00	
	<hr/>	3,849.27
Williams & Wilkins Co.....		226.63
Equipment.....		254.32
Richards Memorial Fund.....		4,070.56
Cash in bank.....	\$2,392.07	
Cash in bank, savings account.....	644.01	
Petty cash—Miss Cooper.....	25.00	
Petty cash—Miss Baldwin.....	6.10	
	<hr/>	3,067.18
		<hr/>
		\$24,071.07

*Liabilities*

## Association:

Dues.....	\$1,604.00	
Publications.....	2.25	
Interest.....	48.90	
	<hr/>	\$1,655.15

## Journal:

Subscriptions.....	\$10,809.69	
Advertising.....	2,423.84	
Reprints.....	94.28	
Numbers.....	251.56	
Club agents.....	4.35	
Books.....	1.58	
	<hr/>	13,585.30
Life membership.....	\$285.00	
Institution Section.....	109.84	
Legislative Fund.....	292.29	
	<hr/>	687.13
Richards Memorial Fund.....	\$4,305.87	
Richards Memorial Fund miscellaneous.....	477.52	
	<hr/>	4,783.39
Surplus.....		3,360.10
		<hr/>
		\$24,071.07

## STATEMENT OF OPERATIONS FOR THE YEAR ENDED DECEMBER 31, 1920

*Association*

## Receipts:

Dues.....	\$1,604.00	
Publications.....	2.25	
Interest.....	48.90	
	<hr/>	\$1,655.15

## Disbursements:

Salaries.....	\$829.78	
Traveling expense.....	257.50	
Printing and stationery.....	87.52	
Postage.....	101.34	
Telephone and telegraph.....	14.98	
Bulletin.....	713.64	
Annual meeting.....	114.64	
Office expense.....	81.10	
Advertising.....	43.00	
Rent.....	48.00	
International office.....	25.00	
Textile Committee.....	300.00	
Committees.....	41.95	
	<hr/>	2,658.45

Deficit..... \$1,003.30

*Journal*

## Receipts:

Subscriptions (\$10,809.69 — \$398.54*).....	\$10,411.15	
Advertising.....	2,423.84	
Reprints.....	94.28	
Numbers.....	251.56	
Club agents.....	4.35	
Books.....	1.58	
	<hr/>	\$13,186.76

## Disbursements:

Salaries.....	\$3,604.60	
Traveling expense.....	151.23	
Printing and stationery.....	158.18	
Office expense.....	124.43	
Postage.....	289.18	
Exchange and excess payments.....	2.63	
Advertising.....	4.00	
Rent.....	192.00	
Telephone and telegraph.....	33.34	
Distribution.....	8,835.80	
	<hr/>	13,395.39

Deficit..... 208.63

Total deficit..... \$1,211.93

\* Discounts to agents.

## ASSETS AND LIABILITIES STATEMENT

<i>Assets</i>	
Cash in bank .....	\$2,392.07
Cash in bank savings account.....	644.01
Petty cash—Miss Cooper.....	25.00
Petty cash—Miss Baldwin.....	6.10
	<hr/>
Williams & Wilkins Co.....	\$3,067.18
Equipment.....	226.63
Richards Memorial Fund.....	254.32
	<hr/>
	4,070.56
	<hr/>
	\$7,618.69
<i>Liabilities</i>	
Life membership.....	\$285.00
Institution Section.....	109.84
Legislative Fund.....	292.29
Richards Memorial Fund.....	\$4,305.87
Richards Memorial Fund miscellaneous.....	477.52
	<hr/>
	4,783.39
Surplus.....	2,148.17
	<hr/>
	\$7,618.69

February 25, 1921.

*To the American Home Economics Association:*

In conformity with instructions of your Treasurer, Mr. H. G. Turpin, I report that I have examined the books and accounts of your Association for the year ended December 31, 1920, as presented, and have found same to be correct.

Respectfully submitted,

(Signed) EDWARD D. ROWLES,  
*Accountant.*

The report was accepted, and a fee of \$20.00 voted for the auditor.

## REPORTS OF STANDING COMMITTEES

*Journal Board.* Due to the absence of the editor no formal report was made, but Dr. Langworthy, acting for the Journal Board, recommended the appointment of Mrs. Mary De Garmo Bryan as editor. The Council approved the appointment.

*International Committee.* Report read by Miss Sweeny.

This Committee has for its purpose the consideration of problems regarding home economics in other countries. It answers inquiries sent in by correspondents abroad and represents the American movement in relation to similar movements abroad. Considerable correspondence on such matters has

been carried on by the Committee. The Committee during the past year made plans for raising a fund for a Professorship of Home Economics at Constantinople College, recommending that a special Constantinople Committee be appointed by the Association to promote the plan. The Council at Cleveland authorized such a committee and appointed Miss Marlatt chairman. The work of that committee is a brilliant tribute to the professional spirit of home economics teachers. They have raised a fund of over \$6000<sup>1</sup> for a three-year program, and secured the appointment of Mrs. Alice P. Norton as first incumbent of the professorship. The development of the Constantinople department should be followed up closely and the Council should provide for this by suitable committee arrangements, as by making the Constantinople Fund Committee a standing committee with special charge of this matter.

The International Committee has been asked to send a deputation of American professors of home economics to Australia to organize work in the University of Sidney, and make other plans for promoting home economics in Australia. It is thought that one or two professors may be available on leave of absence for this service so that no personal compensation would be required. The invitation comes in the name of the National Council of Women in Australia and will be supplemented by a cable message regarding arrangements at the University of Sidney, which is expected before the end of March. As all expenses in Australia will be borne by organizations there, it is believed that \$1500 to \$2000 will be sufficient to send two visiting lecturers. It is thought that the International Institute of Education may contribute, provided the American Home Economics Association will raise a fund for that purpose. The International Committee asks that it be authorized to raise a fund of \$1000 to \$2000, as may be necessary, for a deputation of one or more American professors of home economics to visit Australia and aid organizations and institutions there to organize home economics work in its various aspects of collegiate, normal, and technical institutions and elementary and secondary schools, and extension teaching.

BENJAMIN R. ANDREWS,  
*Chairman.*

Voted that the report be accepted and the committee be asked to make plans for the Australian work and submit a report to the Council in June. Attention was called to the possibility of securing money from various established funds.

*Finance Committee.* Report read by Miss Sweeny.

<sup>1</sup> For details in regard to the fund see page 19.



## SUGGESTED BUDGETS 1921

*Association*

Receipts:		
Dues.....	\$2,500.00	
Sales.....	5.00	
		<hr/> \$2,505.00
Expenditures:		
Salaries and clerical.....	\$990.00	
Travel.....	200.00	
Meetings.....	125.00	
Bulletin.....	600.00	
Rent.....	48.00	
Telegraph and telephone.....	20.00	
Postage.....	100.00	
Printing, stationery, and office expense.....	200.00	
Advertising.....	50.00	
Committees.....	100.00	
Surplus.....	72.00	
		<hr/> \$2,505.00

*Journal*

Receipts:		
Subscriptions*.....	\$13,550.00	
Numbers.....	250.00	
Reprints.....	100.00	
Advertising.....	3,000.00	
Books.....	5.00	
		<hr/> \$16,905.00
Expenditures:		
Salaries and clerical.....	\$4,000.00	
Travel.....	150.00	
Printing and distribution.....	11,000.00	
Rent.....	192.00	
Telephone and telegraph.....	50.00	
Postage.....	400.00	
Printing, stationery and office expense.....	300.00	
Advertising.....	30.00	
Surplus.....	783.00	
		<hr/> \$16,905.00

\* Based on estimate of 5000 regular subscribers, 1200 students, and \$450 discount to agents.

The report of the operations of the *Journal* for 1920 shows a deficit of \$208.63. This deficit will be more than covered by the profit of 1919.

The increase in the subscription rate for 1921 assures a profit for 1921.

The report of the Association for 1920 shows a deficit of \$1003.30. This deficit, fortunately, can be met out of the surplus from 1919. This deficit seems to be due to three things: (1) more dues were paid in advance in 1919

than in 1920; (2) two bulletins for 1919 were paid for in 1920; (3) \$200 underwritten for the Textile Committee has not been paid back.

The present membership of the Association is 1450, but it seems unwise to count on receiving in 1921 more than \$2500 in membership fees.

With the income and the necessary expenditures for the Association for 1921 it seems impossible to provide in the budget for the desirable surplus of \$500 which Miss Lord suggested in her report of June 1920.

Respectfully submitted,

SARAH J. MACLEOD.

After discussion of possible ways of increasing the budget, the report was accepted.

*Social Work Committee.* Miss Gillett, chairman, reported that one meeting had been held, and called attention to the large scope of the field and the fact that it could not all be reached through the school. She also spoke of the need of getting together the results of work already done.

*Committee on Time and Place.* Miss Sweeny announced that this committee would be able to arrange for the annual meeting at the New Ocean House, Swampscott, Mass., June 27 to 30. This was approved by the Council.

Invitations for the annual meeting in 1922 were received from Chicago University, University of Iowa, Iowa State College, and the University of California, but, as it had already been decided to meet in Corvallis, these invitations could not be accepted.

*Program Committee.* Dr. Blood, chairman, asked for suggestions and instructions for the program.

The suggestions offered were that a half of each day be left open, that the first meeting be in the afternoon, that section meetings be reduced to a minimum, and that an effort be made toward unity in the program.

*Pen and Press Committee.* Miss Atwater, chairman, stated that the committee had worked with the understanding that its duties were twofold: (1) to prepare press reports and other publicity material; (2) to secure the publication of better home economics material in magazines.

She made a plea for papers or abstracts in advance of meetings, and expressed appreciation of the publicity that the N. E. A. had given us at this meeting. She asked that Martha Van Rensselaer, Gertrude Lane, and Marie Sellers be added to the committee.

The Council voted the addition of these members.

*Legislative Committee.* Miss Stanley, Chairman, presented the following report:

A statement of the work in behalf of the Fess bill was published in the November *Journal*. Publicity leaflets were printed early in November. There has been a demand for a reprint of these, but it has been held up, since it seems that it might be wise in reprinting to feature the Smoot bill, as well as the Fess bill. A hearing was held on the Fess bill on the evening of February 4. A report of this appears in the March *Journal*. Copies of the hearing are now available.

At the request of Miss Sweeney, the chairman went to Washington to attend the meeting of the Women's Joint Congressional Committee, on November 24, called by the League of Women Voters. This committee is made up of legislative representatives from the following women's organizations: Association of Collegiate Alumnae, National Trade Union League, National Consumers League, National League of Women Voters, Federation of Women's Clubs, Women's Christian Temperance Union, National Congress of Mothers and Parent-Teacher Associations, Daughters of American Revolution, League of Business Professional Women, Council of Jewish Women, Women's International League of Peace, and American Home Economics Association. At three subsequent meetings the chairman has been represented by either Miss Van Hoesen or Miss Richardson.

Nothing has been done to press the Smoot bill during this session. Senator Smoot is in favor of reintroducing the bill. The Land-Grant Colleges are planning to have introduced a bill increasing the amount of money available for experimental work. A permissive clause allows the money to be spent in connection with the utilization of agricultural products. They feel that this bill would be preferable to one appropriating the money directly for experimental work in home economics. The chairman recommends that Senator Smoot be asked to introduce the Smoot bill again in the next session and that we push it just as strongly as possible. We need every possible help in stimulating research in home economics.

The chairman has sent out a number of letters in regard to the Sheppard-Towner bill. The bill has passed the Senate and the House Committee, but has not been given a place on the calendar. This bill received a number of changes in the House. As it now stands it is to be administered directly under the Children's Bureau without the foundation of the Federal Board, and the amount of money is decreased materially, limiting the work to the educational phases.

None of the textile bills will have an opportunity to be acted upon during this session. Those recommended for endorsement by the Textile Section are the Barkley and Rogers bills. The French bill which is being pushed by the Wool Growers Association is not so recommended.



The chairman would like to suggest that the Council discuss the following bills with the idea of taking some action: The Gronna bill, the Nolan Employment Service Bill (H. R. 544). She would also like to know of any bill that the Association thinks should be endorsed, and to know the objections, if there are any, to any of the bills that are now being pushed.

Respectfully submitted,

LOUISE STANLEY,  
*Chairman.*

The report was accepted.

The Council empowered the committee to protest against salary limitations in the Women's Bureau of the Department of Labor.

There was a discussion of the necessity of having a member of the legislative committee in Washington.

*Richards Memorial Fund Trustees.* Report read by Miss Sweeny.

The Ellen H. Richards Memorial Fund of the American Home Economics Association amounted, on February 15, 1921, to \$5850.61 (of principal and interest thereon), an increase of \$1234.96 in the last three years. The Fund each year receives many contributions from members of the Association, in addition to the increase by income from interest. The present income of the Fund is approximately \$275 a year. There has been appropriated from income since the Fund was established a total of \$600, including \$200 a year for two years to the University of Chicago for the Ellen H. Richards Fellowship, and \$200 recently contributed by the Richards Fund to the Constantinople College Professorship of Home Economics which has been established by the American Home Economics Association. The balance of income has been added to the principal of the Fund and is included in the present total of \$5850.61.

The trustees desire to call the attention of all members of the Association to the Fund and suggest that home economics students and staffs in schools and higher institutions when possible make each year a contribution to the Fund on "Home Economics Day" (December 3, the birthday of Mrs. Richards) or on some other convenient occasion. They also suggest that members plan to devise by will to the Association such a sum as \$100 or \$1000 or some multiple thereof which would be devoted permanently, as is the Richards Fund, to the promotion of home economics. Such money should be willed to the "American Home Economics Association Incorporated" (Office Baltimore, Maryland), to be kept intact as a separate fund bearing the name of the donor. The income alone to be used as is the case with the Richards Fund.

BENJAMIN R. ANDREWS,  
*Secretary of Richards Fund.*



The report was accepted.

The president announced the appointment of Isabel Bevier, and Cora Winchell as new members of the R. M. F. Trustees. Professor Richards and Mrs. Abel had been reappointed.

#### REPORTS OF SPECIAL COMMITTEES

*Regional Organization.* The report, read by Miss Sweeny, is in part as follows:

During the last three months the Committee on Regional Organization has been steadily at work endeavoring (1) to locate existing state home economics associations; (2) to discover any groups that might be considered potential state associations; (3) in the states where neither was possible, to find some one who would secure a group to act as a nucleus for an association.

In order to put before the states as quickly as possible the general plan for regional organization, a digest of the plan was prepared and distributed. An affiliation blank was drawn up, and may be secured through the Association Office.

The members of the committee as it now stands, with the regions or states with which each member is working, are as follows: Anna Cooley—Eastern Region (New York, New Jersey, Pennsylvania, Delaware) and Anna Kloss—Eastern Region (New England States); Mary Parker—Central Region; Gladys Branegan—West Central Region (North Dakota, South Dakota, Montana, Wyoming); Ava Milam—Pacific Region; Fannie Twiss—Canadian Region; Agnes Harris and Mildred Weigley working at large. Edith Thomas, as regional councilor, is carrying the responsibility for the Southern Region.

In October it was found that there were actually organized and working only a very few state associations in addition to the New England organization. This statement assumes that those states from which we have had no reply have no state organization. Of associations organized, most were organized distinctly as teachers associations.

At the time of writing this report the situation regarding organized state associations and general interest indicated in such associations is as follows:

States having state home economics associations actually organized (only those states that can give the name of their president, vice-president, or secretary are included):

Eastern: New England, New York.

Southern: North Carolina, Georgia, Florida, Alabama, Mississippi, District of Columbia (Washington, D. C. Association), Virginia.

Central: Missouri, Ohio, Indiana, Minnesota, Iowa, West Virginia.

West Central: South Dakota, Montana.

Pacific: Arizona, Utah, Washington, California.

States having affiliated under the new plan:

Minnesota, North Carolina, Montana. The latter two states have not paid their affiliation dues on the new per capita basis. They have indicated, however, that they will do so immediately.<sup>2</sup>

States indicating that they are planning to organize or reorganize on the affiliation basis outlined:

Eastern: New York.

Southern: Tennessee, Louisiana.

Central: West Virginia, Illinois, Indiana, Iowa.

West Central: Kansas, Nebraska.

Pacific: Utah, Oregon, Washington.

States from which no information has been received as yet:

Eastern: New England States, New Jersey, Pennsylvania, Delaware.

Southern: South Carolina, Maryland.

Central: Michigan, Kentucky.

West Central: Oklahoma, North Dakota, Wyoming, New Mexico.

The above report, together with the large number of inquiries which had come to the committee, serves to indicate that there is very definite interest in the plan of regional organization on the part of the states and regions.

The committee believes that if the regional plan of organization is to function effectively some change will have to be made regarding council membership in the A. H. E. A.

The committee believes that the Council should make plans to begin using this regional organization for the furtherance of certain home economics projects as soon as possible. Each state association and each region will wish to know what it can do. There is little question but that there is plenty to be done, but the concrete projects should be brought to the attention of the regional councilors (or to the committee members representing regions until the councilors are appointed). It would seem advisable to plan for a definite discussion of this matter at the meeting in June when presumably a number of the Regional Organization Committee and councilors will be present.

Respectfully submitted,

MILDRED WEIGLEY,  
*Chairman.*

The report was accepted. Voted to ask the committee, in conference with the president, to bring recommendations in regard to Council membership of the regions and the dues and work of the affiliated associations to the Council in June.

<sup>2</sup> Since this report was written, Montana has made full payment.

*Standardization Committee of the Textile Section.* Miss Birdseye, chairman, reported as follows:

At the June meeting, the work of the committee was subdivided under six sub-committee chairmen, on Study of Purchasing Habits, Research on Minimum Standards, Legislation, Publicity, Coöperation on Minimum Standards, and Business Management. Work is being carried on along all these lines.

In order to conduct a wearing test for petticoat silks, 1800 yards of silk were bought at a cost of approximately \$5400, the raw silk costing \$15 a pound, which was well under the peak of the speculative market last spring, and at a price level which manufacturers believed would hold for some time. The order was underwritten by Mrs. Woolman, a member of the committee. About 500 skirts have been sold, and about 75 are still unsold, including taffeta and messaline. Some silk was sold by the yard, and a generous amount is being reserved for work at the Bureau of Standards. The break in the silk market last summer necessitated reducing the price of the skirts still unsold, and almost wiped out the profits upon which the committee relied for carrying on its work in the coming months. The petticoat transaction has involved the expenditure to date of \$6583.06, with some \$1200 still outstanding. It is believed that the transaction can be closed without loss, although it is not certain whether the petticoat fund can repay to the Association the provisional loan of \$200. The petticoat fund has paid back all that the committee loaned it from this provisional appropriation, and has contributed \$8.75 toward the committee's expenses.

For the work of the committee, apart from expense connected with the petticoat test, \$313.95 has been spent for printing, postage, stenography, and travel.

In April, the committee will ask early purchasers to report wear, turning in such skirts as are worn out. No complete deduction can be drawn until the majority of the records are in, but some preliminary returns seem to indicate that the silks are somewhat too soft and light for constant business wear. Laboratory tests confirm the manufacturer's specifications with respect to construction and weighting, showing that four out of the six experimental grades are pure dye silks as claimed. It is believed that, at the present adjusted prices (\$6.50 to \$8.50), the skirts compare favorably with those in the open market, and that they will give good satisfaction if worn for "best." The committee is anxious to dispose of them and close the transaction. Thanks are due Miss Pitner, the business manager, for her efforts in this matter.

This committee has worked with the Committee to Investigate Textile Coöperation, in formulating a plan for research. (For details of this plan see page 16.)



*Committee to Investigate Textile Coöperation.* Miss Gettemy, chairman, reported that the members of the committee in Washington had met and had conferred with the National Research Council, presenting to them two plans for coöperation in textile research. The committee recommended plan two.

The first plan places the initiative for and the general control of the research program in the hands of the American Home Economics Association. In essence this plan consists in the formation, by the Association, of an advisory committee to direct a two-years' research program, which will attempt to standardize an accelerated wearing test for textile fabrics and to determine standards of wear for certain staple fabrics. The National Research Council undertakes to help secure the necessary funds from interested associations of manufacturers and others, to make suggestions as to desirable representatives of such associations, to serve on such advisory committee, and to delegate one or more persons to represent it on said committee. The Research Council further offers, if so requested by the Association, to take charge of the funds collected and to disburse them through its treasurer as directed by the advisory committee, on which it is itself represented.

On the advisory committee it is understood that there will be a majority representation of the American Home Economics Association in order to assure that the ideals of the Association will be carried out. It is further understood that under this plan the work will be done by a qualified research worker, mainly at the Bureau of Standards, this Bureau having already expressed its willingness to coöperate by receiving such a worker in the capacity of research fellow, with all the assistance and privileges which that relationship implies. It is understood that the Bureau of Standards will be represented on the advisory committee, as will also the Office of Home Economics of the Department of Agriculture, and possibly other government bureaus interested in carrying on research relating to textiles or to the raw material entering into textile manufacture.

The second plan involves a request on the part of the American Home Economics Association to the National Research Council to take over the research program as a part of its own work. This would mean that the Research Council will give preference to the central ideas of the program as originally suggested by the Home Economics Association, but may amplify and develop this program as in its judgment seems expedient. The Research Council will assume the responsibility of



financing both the technical work and the necessary administrative expenses connected with the research program. It will also take the initiative in forming a committee to direct the research program. Under plan two, the American Home Economics Association would not have the general control of the program, but would have sufficient representation on the research committee to insure that the research program would be directed with the interest of the consumer prominently in mind, and to secure for the Association the contacts with associations of textile manufacturers, retail merchants, and others which would be secured under plan one, as outlined above. These objects could be accomplished by inviting to membership on the committee the president of the Association or her representative and several members of the Textile Section of the Association.

Voted to receive this report. Discussion followed and attention was called to the importance of forming this connection with the National Research Council. Voted to accept the recommendation of the committee.

A consideration of the next steps to be taken led to the conclusion that the president, in the name of the Association, should ask the National Research Council to proceed on plan two.

Miss Birdseye presented an estimate of the expenses of the committee to carry on this coöperation, and recommended that the Association appropriate five hundred dollars.

Voted that the president confer with the Textile Committee and suggest alternative means of securing the needed funds and ask the Textile Committee to draw up plans to be submitted to the president.

#### MISCELLANEOUS

*International Congress.* Miss Sweeny read a communication from the International Office of Home Economics and referred to correspondence with members of the Association in which we were asked to send delegates and an exhibit.

Voted that we take the necessary steps to join the Congress and to send such delegates as may be in Europe at the time.

Voted, further, that a committee of two be appointed to consider the Association's share in the Congress and the type and content of an exhibit. Committee appointed: Helen Atwater, chairman; Florence Ward.

It was suggested that the Association invite foreign countries to send delegates to our meetings.

*Executive Secretary.* The need for an executive secretary was shown by the many phases of Association work requiring attention. Such an officer could establish contacts with other associations, take care of part of the work of committees, give attention to legislative matters, develop state organizations.

It was thought also that, if the Association had an executive secretary, funds might be secured from foundations for coöperative work.

The chair was empowered to appoint a committee to consider ways and means of securing funds for an executive secretary, to outline the duties of such an officer, and to report to the Council in June. This committee is also to consider contacts with other organizations, and the advisability of establishing headquarters in Washington. Committee appointed: Louise Stanley, chairman; Clara Helbing, Emma Winslow, Alice Biester.

*Committee Work.* It was voted that the chairman of each committee be asked to arrange for a committee meeting at each annual and semi-annual meeting of the Association. If the chairman is unable to be present some one should be designated as acting chairman and, if this person is the only member present, other members should be appointed by the president in conference with the acting chairman.

The president called attention to the necessity of avoiding duplication or misunderstanding in communications sent out by various committees.

Voted that all letters and mimeographed or printed material dealing with Association business be submitted to the Association Office and through the Office to the president for approval, before being sent out.

*Contacts with Other Organizations.* In response to a request from the American Dietetic Association the president was empowered to appoint a committee to coöperate with the American Dietetic Association in considering a course of instruction for hospital dietitians. Committee appointed: Abby Marlatt, chairman; Ruth Wheeler, Katharine Fisher, Lenna F. Cooper.

The American Academy of Social and Political Science asked that three delegates be sent to their meeting. Voted that we accept the invitation and that the chair appoint the delegates. The chair announced later that Miss Arnold and Miss Atwater would represent the Association.

An invitation from the National Society for Vocational Education to take part in their 1921 program was read.

A letter was received from the Y. W. C. A. asking for information in regard to affiliation, and the president was asked to answer the letter.

Miss Sweeny announced that at the invitation of the National Canners Association she had represented the A. H. E. A. on the program of the annual meeting of the former association.

The Council requested that an effort be made to secure speakers on the programs of other associations and that members be appointed to attend other meetings.

The president called attention to the coöperation of the General Federation of Women's Clubs in pressing the Fess Bill, and also reminded us of the participation of the American Home Economics Association in the presentation of the statue of the suffrage founders to the Capitol.

*Communications.* Letters were read from Mrs. Norton and Miss Ravenhill. The secretary was instructed to send greetings to Mrs. Norton and a letter of sympathy to Miss Ravenhill.

The secretary was instructed to send to the Hotel Dennis an expression of appreciation of their hospitality and courteous service.

A rising vote of thanks was given Dr. Blood for the interesting program so effectively carried out.

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*Constantinople Fund Committee.* Miss Marlatt, chairman, sent to the Office, in March, a full report of funds collected. The Association would like to give full credit to each contributing individual, school, and organization, but our limited space makes it necessary to confine the report to states and sections.

#### SUMMARY OF FUND

Amount contributed by educational institutions and organizations*.....	\$4,932.27
International Institute of Education (paid directly to Mrs. Norton).....	800.00
Individual contributions.....	708.75
Ellen H. Richards Memorial Fund.....	200.00
Total amount contributed.....	\$6,641.02

\* The organizations are home economics associations and clubs, teachers associations, and the home economics sororities Omicron Nu and Phi Upsilon Omicron.

## REPORT BY DISTRICTS

*From Educational Institutions and Organizations*

<i>District</i>	<i>Allotment</i>	<i>Amount received</i>
Eastern.....	\$1,800.00	\$1,120.79†
Southern.....	800.00	873.05
Central.....	1,600.00	1,429.29‡
West Central.....	900.00	467.75‡
Pacific.....	700.00	1,034.35
Canada.....	200.00	7.04
Total.....	\$6,000.00	\$4,932.27

† The \$800 from the International Institute of Education should be added to this amount for the Eastern District.

‡ Contributions are still coming in.

## REPORT BY DISTRICTS AND STATES

Eastern District.....	\$1,120.79	Central District.....	\$1,429.29
Maine.....	\$27.25	Ohio.....	\$168.25
New Hampshire....	15.00	Illinois.....	452.08
Vermont.....	15.00	Indiana.....	134.30
Massachusetts....	109.54	Michigan.....	173.37
New York.....	502.25	Wisconsin.....	208.19
New Jersey.....	8.75	Minnesota.....	53.50
Pennsylvania.....	189.00	Missouri.....	128.85
Delaware.....	10.50	Iowa.....	110.75
District of Columbia	40.00	West Central District.	467.75
Connecticut.....	11.50	Oklahoma.....	81.40
Rhode Island.....	—	Kansas.....	149.00
New England Assoc.		Nebraska.....	100.00
of Teachers.....	50.00	North Dakota.....	2.00
Individual subscrip-		South Dakota.....	11.30
tions.....	142.00	Montana.....	37.00
Southern District....	873.05	Wyoming.....	5.00
Alabama.....	62.00	Colorado.....	37.50
Virginia.....	60.00	New Mexico.....	44.55
North Carolina.....	37.75	Pacific District.....	1,034.35
South Carolina.....	22.50	Arizona.....	56.85
Arkansas.....	36.00	Utah.....	123.20
Tennessee.....	69.85	Nevada.....	—
Louisiana.....	96.20	Idaho.....	55.00
Mississippi.....	48.00	Oregon.....	308.37
Texas.....	158.80	Washington.....	247.86
Kentucky.....	20.00	California.....	243.07
Maryland.....	49.75	Canada.....	7.04
Georgia.....	65.50		
West Virginia.....	82.65		
Florida.....	64.05	Total.....	\$4,932.27



## Discussion

Marion Hepworth, State Leader, University of West Virginia

Bess M. Rowe, State Leader, Montana Agricultural College

## The Value of Exhibits at County and State Fairs

Frances L. Brown, State Leader, Kansas State Agricultural College

Susie Powell, Mississippi Agricultural College

## Research Problems: need and facilities for research

Venia Keller, Maryland State Agricultural College

## TEXTILE SECTION

*Saturday, 8 p.m.*

Mabel B. Trilling, University of Chicago, chairman

## The Need of Teaching Design in Home Economics

Virginia M. Alexander, College of Industrial Arts, Denton, Texas

## Results of Short Cuts in Teaching Clothing: illustrated with lantern slides

Celestine L. Schmit, University of Wisconsin

## Report of Misbranding Legislation

## Research in Textiles and Clothing: Life of fabrics as affected by fibre, weave, and color

Florence Caton, University of Missouri

## Report of Committee on Research in Textiles and Clothing

Mabel M. Trilling, University of Chicago

## SCIENCE SECTION

Helen B. Thompson, Kansas State Agricultural College, acting chairman

## Conservation of Gas

Olga Eifritz, Natural Gas Conservation Agent, Bureau of Mines

## Comparative Study of Results Obtained by Fireless and Pressure Cookers

Cecile Stone, University of Missouri

## Comparative Cost of Electricity and Gas in Meal Preparation

Martha E. Dresslar, University of Washington

## Vinegar Fermentations

Dr. Walter G. Sackett, Colorado State Agricultural College

## Effects of Manipulation and Storage upon the Keeping Qualities of Canned Vegetables

Mildred Weigley, University of Minnesota

Alice M. Biester, University of Minnesota

## Report of Committees

*Monday, 2 p.m.*

## Round Table—Nutrition Problems:

Agnes Fay Morgan, presiding

## Bacterial Flora in Home Canned Asparagus

L. D. Bushnell, Kansas State Agricultural College

## Digestibility of Raw Starch

C. F. Langworthy, Office of Home Economics, Washington, D. C.

## The Preparation of Inulin from French Artichokes

Anna Williams, University of California

## Round Table—Experimental Cookery:

Helen B. Thompson, presiding

## Economical Management of the Gas Range

Minna C. Denton, Office of Home Economics, Washington, D. C.

## Cake Making

Nita Collier, University of Missouri

## Grainy Fats vs. Creamy Fats in Cake and Pastry

Minna C. Denton

## ROUND TABLES

*Friday, June 25*

## 2.00 p.m. Extension Workers on Red Cross Program

Margaret Sawyer, American Red Cross, presiding

## 3.00 p.m. Public School Teachers

Jenny H. Snow, Chicago Public Schools, presiding

*Tuesday, June 29*

## 2.00 p.m. Education in Homemaking

Adelaide Baylor, presiding

## Exhibits

Caroline Hunt, U. S. Department of Agriculture, presiding

**Meeting of the American Home Economics Association.** At the meeting of the A. H. E. A. held in Cleveland, February 23 and 24, 1920, in connection with the Department of Superintendence, N. E. A., there was an attendance of between two hundred and three hundred at each session.

An unusually interesting program had been prepared for the meeting by the Program Committee, Abby Marlatt chairman. On Monday afternoon the main topic was Methods in High Schools. Helen Goodspeed, State Supervisor of Home Economics, Madison, Wisconsin, outlined a scheme for developing the problem solving method in home economics teaching. She offered specific suggestions for linking the present life of the girl with her work in home economics in the school. Rosa Biery, University of Chicago, Elementary and High Schools, presented a paper on Applied Economics in a One Year Home Economics High School Course. Miss Biery has worked out a very excellent scheme, and one with many possibilities for development. The general discussion of these two papers showed a keen interest in the topic.

At this meeting Miriam Birdseye, States Relations Service, Washington, D. C., presented a report of the work of the Textile Committee which is undertaking to promote standardization of textile fabrics, and promises to accomplish results along this much needed line.

Edna N. White, Director of the Merrill-Palmer School, Detroit, Michigan, was leader of the discussion.

The subject for Tuesday morning was Tests in Home Economics Teaching, Adelaide Laura Van Duzer, Supervisor of Home Economics, Cleveland, Ohio, presiding. Mabel Trilling presented the topic Standard Tests in Teaching Textiles and Clothing. The reports of this work, both in Cleveland, and in Blue Ridge, June, 1919, have been most interesting and valuable. Florence Williams, Supervisor of Industrial Arts, Richmond, Indiana, followed Miss Trilling and told how tests are an aid in the teaching and organization of home economics. Betsey Madison, Home Economics Department, University of Wisconsin, Madison, presented a paper on Teaching by the Meal Plan Method. After a lively discussion, Mrs. Mary Schenck Woolman spoke briefly upon the subject of the moving picture as an aid in the teaching of home economics.

On Tuesday afternoon, Lydia Roberts, Assistant Professor of Home Economics, University of Chicago, was leader. The general topic of the meeting was Child Feeding. Miss Roberts gave a very definite and concrete report on the field work which she has been doing for the Children's Bureau that carried with it confidence in the results to be gained through work along the lines of child welfare. Mary A. Harper, Association for Improving the Condition of the Poor, New York City, followed Miss Roberts and told of the work of a Feeding Clinic and Demonstration School. It is interesting to note that in work of this type the results are tangible and one is inspired to bend all efforts in every direction possible toward improvement in health through wise feeding. A very interesting exhibit of rats on different experimental diets was shown by Emma Francis, Battle Creek Sanitarium, Battle Creek, Michigan, with details in relation to the various experiments. Miss Francis made the very generous offer to supply those who request them with photographs of rats fed on different diets. Furthermore, she offered to send to anyone who wished them live rats for purposes of experimenting.

A home economics dinner was arranged by the local committee for Monday night, at which several prominent residents of Cleveland spoke. Visits had also been arranged to elementary and junior and senior high schools, to the Western Reserve University, to the Y. W. C. A., to factories serving lunches, and to hospitals,

Great appreciation was expressed for the work of the local committee which made the visit to Cleveland a most delightful one for all members of the Association.

CORA M. WINCHELL,  
*Secretary, American Home Economics Association.*

**The Fund for Constantinople College.** The Council of the A. H. E. A. at the meeting in Cleveland voted to undertake the raising of \$6000 to establish for three years a chair of Home Economics in the American College for Girls in Constantinople, and to send a teacher there from America.

The needs of the college have been stated in a former issue of the JOURNAL. Miss Jenkins' story (in the March number) showing what one graduate accomplished ought to make us see the wonderful opportunity to reach out into many homes and into the very kind of homes that most need help.

The A. H. E. A. as an association has had few opportunities to raise money with its only purpose the service of others, though service is of course the primary reason for the very existence of the Association.

Professor Abby Marlatt of the University of Wisconsin has been made general chairman of the Committee for raising this fund. Sectional chairmen have been appointed to aid her.

Let us all take hold with a will, so that at the annual meeting the money may be in hand.

The Board of Trustees of the Constantinople College have asked that the Association present the names of three candidates from among whom the appointee may be selected, and has indicated the following basis of qualification: "the appointee should be a mature woman, at least 35 years of age, an expert in her work; she should be adaptable to foreign conditions and broad minded in building up what she finds in the East rather than imposing American custom. She should have organizing as well as teaching ability as it would be her place to build up a new department, and she should also be able to correlate the courses that she already finds in the College with her department. She should be capable of a personal interest in her students and also of a broad vision of the work."

Those who are interested in considering the Constantinople position are asked to communicate with the Chairman of the International Committee of the American Home Economics Association, Dr. B. R. Andrews, Teachers College, New York City.



# BULLETIN

OF THE

## American Home Economics Association

HOME INSTITUTION SCHOOL

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SERIES 6

SEPTEMBER-DECEMBER, 1920

Nos. 3-4

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MID WINTER MEETING WITH THE N. E. A.

ATLANTIC CITY, FEBRUARY 28 AND MARCH 1, 1921

The American Home Economics Association stands face to face with the greatest opportunities and responsibilities which it has ever had. The war gave those trained in home economics a chance to prove the contribution which they could make to the problem of every day living, and post-war conditions have created new fields for development and growth. No aspect of the home economics field has demanded more serious thought and careful study than courses in our secondary schools, the problems of their administration and content.

If home economics is to take its rightful place with other branches of high school work it behooves all administrators and teachers in this line of education to do the most constructive type of thinking and planning for the years which lie ahead. Realizing the value in the past of the conferences with the Division of Superintendence, of open discussion of what should compose the course of study for the general and vocational courses, what conditions best promote the development of the work, how the administration in the high school can be made most effective, the program for the Atlantic City meeting has been based on the outstanding needs of the home economics work in high schools. Supervisors, teachers in secondary schools, and superintendents will make addresses and lead the discussions. Women professionally trained must take

the initiative in developing the ideal relationships of science, art, economics, and sociology to home economics and in determining the ultimate objective of general and vocational courses.

Preceded as the Superintendents' meeting is by the annual meeting of the National Society for Vocational Education, it offers a splendid opportunity for every home economics woman to get in touch with the best thinking and constructive planning which is being done by our foremost educators in secondary and vocational education. Every woman owes it to her own outlook on her profession and to her own development to attend such meetings.

MARY E. SWEENEY,  
*President.*

# TENTATIVE PROGRAM

## AMERICAN HOME ECONOMICS ASSOCIATION

WITH THE DIVISION OF SUPERINTENDENCE, N. E. A.

*Atlantic City, February 28 and March 1, 1921*

MONDAY, FEBRUARY 28

9.00 a.m.

President's Address

Preliminary Business

General Session. Mary Sweeney, President, presiding

Topic: Does Home Economics Teaching Function as it Should for the Girl of High School Age?

Home Economics in the General High School

Mrs. Henrietta Calvin, Specialist in Home Economics, Bureau of Education

Home Economics in the Commercial High School

Mrs. Evelyn Wight Allan, Principal, Girls' Commercial High School, Brooklyn, N. Y.

Experimental Work in the Merrill-Palmer School

Edna White, Director, Merrill-Palmer School, Detroit

2.00 p.m. General Session. Mrs. Henrietta Calvin presiding

The Responsibility of the Home Economics Teacher to the Community

Agnes Craig, Supervisor of Home Economics, Springfield, Mass.

Topic: Methods of Contributing to Vitality of Teaching in the Grades

The Home Project

Mrs. Maude Gregory Adams, State Supervisor Vocational Home Economics, Ohio

The School Project

Helen Goodspeed, State Supervisor Vocational Home Economics, Wisconsin

The Use of the School Doll as a Means of Teaching Sensible Dress

Adelaide Van Duzer, Supervisor of Home Economics, Cleveland, Ohio

7.30 p.m. Council Meeting

TUESDAY, MARCH 1

9.00 a.m. General Session. Edna White presiding

Topic: How Can the School Child Be Interested in Right Food Habits through Regular School Channels?

The High School Class in Foods

Florence Willard, Chairman of Department of Domestic Science, Washington Irving High School, New York

Foods Work in the Grades

Mabel Bragg, Assistant Superintendent of Schools, Newton, Mass.

What Can the Instructor in Physical Education Contribute?

F. W. Maroney, M.D., Director of Physical Training, Department of Public Instruction, New Jersey

What Are the Educational Possibilities of the School Lunchroom?

Katharine A. Pritchett, Supervisor of Nutrition, Department of Public Instruction, Pennsylvania

The Standardization of Nutrition Workers

Mary McCormick, Supervisor of Nutrition, State Department of Education, New York

2.00 p.m. General Session. Mary Sweeny presiding

Factors Involved in Training Girls as Consumers

S. Helen Bridge, Head of Home Economics Education Dept., Univ. of Nebr.

Points of Interest in Government Research Laboratories for the Home Economics Worker

Minna C. Denton, Assistant Chief of Home Economics, U. S. Department of Agriculture

Business Meeting and Reports of Committees

The meetings will be held in the Dennis Hotel. The Convention Bureau of Atlantic City will send, on application, a pamphlet giving full information concerning hotel rates.

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## THIRTEENTH ANNUAL MEETING

The thirteenth annual meeting of the American Home Economics Association was held at the Hotel Antlers, Colorado Springs, Colo., June 24 to 29, 1920. There were about 300 in attendance. The arrangements had been made by Inga M. K. Allison, Chairman of the Committee on Time and Place, and every convenience and comfort possible to the members of the Association had been provided.

The first Council meeting was held Wednesday evening, June 23, at 8.00, and the regular sessions of the Association began at 2.00 p.m. on Thursday, June 24. The program committee, with Abby Marlatt as chairman, had planned for two general meetings daily, thus leaving some

time each day for those in attendance to avail themselves of the opportunities for trips 'round about the Springs.

At the first meeting of the Association, held in the Ball Room of the Hotel Antlers, Mayor Thomas, of Colorado Springs, extended the greetings of the city to the Association, and Dean Corbett of the Colorado Agricultural College, Fort Collins, brought the welcome of the state. The president of the Association, Edna N. White, responded to these greetings, and struck the keynote for the meetings to follow, showing their breadth of interest. She indicated the relation of the A. H. E. A. to child welfare, social service, legislation as affecting the home and women in industry, and the field of education in general.

Miss White emphasized the importance of surveys in the development of the work in home economics.

Two addresses of strong general interest were presented at this session—one by Mrs. Rufus Dawes, of the Community Kitchen, Evanston, Ill., who spoke on the development of community kitchens, and the other by Olive Davis, of the Government Hotels for Women, Washington, D. C., who spoke on the problems concerned with the organization and administration of these hotels.

In the evening, in the Sun Parlor of the Hotel Antlers, the Institution Economics Section held its meeting and the Extension Education Section met in the Ball Room. Strong programs had been arranged and both meetings were well attended.

The meeting on Friday morning was in general charge of the Extension Education Section. Preceding this program, Cleo Murtland, Chairman of the Committee on Education of Girls and Women for Industrial Occupations of the National Society for Vocational Education, presented a report.

The survey of the work of the extension field was well presented by Florence Ward of the Office of Extension Work, North and West, and by Ola Powell, Office of Extension Work, South. Papers were presented by Miriam Haynes, State Leader, Colorado, and Nina Crigler, Food Specialist, University of Illinois.

On Friday afternoon two round tables were conducted—one of Red Cross workers, and one of public school teachers with Jenny H. Snow, Supervisor of Household Arts, Chicago Public Schools, as chairman.

At 8.00 p.m. a general session was held, with Abby Marlatt as chairman. Dr. Caroline Hedger, Medical Director of the Elizabeth McCormick Memorial Fund, Chicago, told of the work of that organization



in combating malnutrition. She was followed by Marie Sellers of the *Pictorial Review*, New York City, who spoke on Training Home Economics Students for Journalism, and Harlan Smith, of the U. S. Department of Agriculture, who told of the publicity work of the Department of Agriculture in relation to home economics.

At the Saturday morning meeting Dr. Langworthy spoke of the work in nutrition of the National Research Council. The meeting from this point on was in charge of the Textile Section, Mabel B. Trilling, presiding. Grace Denny, Ethel Phelps, and Paul I. Cherington, Secretary of the National Association of Wool Manufacturers, spoke on various phases of the textile question. Miriam Birdseye presented a report of the excellent constructive work which has been done, by the committee of which she is chairman, on establishing minimum standards for textile fabrics.

At the evening meeting the Textile Section, with Mabel Trilling as chairman, and the Science Section, with Dr. Helen B. Thompson as chairman, held meetings. Both meetings were well attended and excellent papers were offered.

Other papers were presented on Monday and Tuesday, June 28 and 29. Hugh Magill of the National Education Association spoke on The Nation and Education. Dr. Agnes Fay Morgan and Dr. Helen B. Thompson spoke on scientific phases of home economics.

At 2.00 p.m., Monday, June 28, the Science Section held a second meeting with Dr. Helen B. Thompson presiding. On Tuesday afternoon a round table was held on Education in Homemaking, with Adelaide Baylor of the Federal Board for Vocational Education presiding.

Four Council Meetings and two general business meetings were held with excellent attendance.

Due to the fact that the Secretary was teaching in the summer session in the University of Colorado, and had been graciously released for part of the time of the meetings, Lenna F. Cooper, the newly elected secretary, acted as secretary pro tem during the Council meetings and business meetings on Monday and Tuesday, June 28 and 29.

Very efficient work was done by the Pen and Press Committee, with Ava B. Milam in charge, in providing reports of meetings to local and other daily papers, and reports of the convention to periodicals. This service was much appreciated.

CORA M. WINCHELL,  
*Secretary.*

**The Science Section** arranged programs for three sessions. At the first meeting Dr. Helen B. Thompson, acting chairman of the section, presided. Olga Elifritz, of the Bureau of Mines, in her paper on Conservation of Gas, reported the work being done by the Bureau to aid in better utilization of the natural gas supply and called attention to the fact that literature on this subject may be obtained from the Bureau of Mines. The following paper, on Comparative Cost of Electricity and Gas, by Martha E. Dresslar, of the University of Washington, dealt particularly with the relative efficiency of various parts of the electric stove, and was illustrated by charts.

Walter G. Sacket, of Colorado State Agricultural College, gave a report of experimental work done on Vinegar Fermentations. Solutions were given for many of the problems concerning home made vinegars. Alice Biester, of the University of Minnesota, reported a series of experiments dealing with the Effect of Manipulation and Storage upon the Keeping Qualities of Canned Vegetables.

On Monday morning the main subject of the general session was nutrition. Miss Bevier presided and Dr. Agnes Fay Morgan of the University of California gave a comprehensive survey of the literature dealing with European Experience on Low Diets. Dr. Helen B. Thompson of Kansas State Agricultural College reported extensive experimental data on the Effect of Alternate Periods of Suppression of Growth and Refeeding of Albino Mice. Dr. C. F. Langworthy led the discussion on nutritional problems which followed this meeting.

On Monday evening Dr. Morgan presided over the section meeting. Dr. Langworthy reported a series of experiments on The Digestibility of Raw Starch by Human Subjects. The results of these experiments are of interest to every teacher of foods, and are published in the current series of the *Journal of Biological Chemistry*. Dr. Langworthy also made a brief survey of the work done on Expenditure of Energy in Housework the results of which have been published in the June number of the *American Journal of Physiology*.

A paper on The Preparation of Inulin from French Artichokes was presented by Anna W. Williams, of the University of California.

Dr. Minna C. Denton, of the Office of Home Economics, gave experimental results on the Economical Management of the Gas Range, and also on Grainy Fats versus Creamy Fats in Cake and Pastry.

Alice Biester reported results of experiments on The Sweetening Powers of Various Sugars.

At the close of the meeting the following nominations were made and accepted: Chairman of the Section, Dr. Minna C. Denton; Secretary, Margaret Sawyer. A motion was made and carried that a Research Clearing House Committee be appointed, and the chair was impowered to appoint such a committee. A motion was made and carried to refer the proposed change of the section name to the Council.

Submitted by

ANNA W. WILLIAMS.

**The Textile Section** contributed the following papers and reports as part of the program of the annual meeting.

Miriam Birdseye, chairman of the standardization committee, presented the general plan made by this committee and a review of the excellent work accomplished by them during the year, including the large scale test for silk (petticoats made of standardized silk), the small piece of silk test, cotton and serge testing, and the purchasing habits questionnaires.

Paul T. Cherington, of Boston, discussed textile legislation, including the five textile bills introduced in the last Congress; the present powers of the Federal Trade Commission to protect the consumer; state laws, now operative, affecting textiles; the type of legislation needed and reasons for needing it; and how home economics women can help with textile legislation.

A discussion of coöperation between the textile laboratory and the mercantile world was presented by Grace Denny of the University of Washington.

Ethel Phelps of the University of Minnesota gave the report of a study of clothing purchasing habits.

The need of teaching design in home economics was presented by Virginia Alexander of the College of Industrial Arts, Denton, Texas.

A discussion of short cuts in teaching clothing, by Celestine Schmidt, was illustrated with lantern slides.

A paper on the conduction of heat by textile fibers and the relative rate of absorption, and the rate of evaporation of water, was presented by Florence Caton of the University of Missouri.

A report from the committee on research on textiles was presented by Mabel Trilling of the University of Chicago, chairman. The monograph on analysis of home economics texts and courses of study will be available as soon as arrangements can be made for printing. Several



interesting topics were announced on which research work is at present being done.

A report of the committee asking coöperation of moving picture producers, in improving the quality of home interiors, was sent by Florence Winchell of the Lincoln School, New York City, chairman. It was decided to ask Miss Winchell to continue this work and to report further progress at the next annual meeting.

Lillian Peek, State Supervisor of Home Economics, Texas, reported a summary of a girls' clothing contest, successfully carried out in Texas, in connection with which it was possible to establish a demand for shoes with sensible heels for school wear.

Work for the coming year as outlined by the Section, includes an effort to establish coöperation with merchants in furthering textile standardization, and the continuation of some unfinished work started by the standardization committee during the past year.

The officers for the coming year are: Chairman, Lillian Peek, State Supervisor of Home Economics, Austin, Texas; Secretary, Ethel Phelps, University of Minnesota.

ETHEL L. PHELPS,  
*Secretary, Textile Section.*

**The Institution Section** held its section meeting Thursday evening, June 24, Lenna F. Cooper, chairman, presiding.

Margaret Proctor, of the National Board of the Y. W. C. A., gave a very interesting talk on Cost Accounting in Cafeteria Work. Miss Proctor discussed forms and records of work used in different phases of institutional work.

Mrs. Hallie B. Corsette, Supervising Dietitian of the United States Public Health Service, read a paper on the Work of the Dietitian in the United States Public Health Service. Mrs. Corsette gave a brief survey of the service from the time when the first dietitians were placed in several of the larger hospitals until the present time. The first dietitian was placed in the hospital under the mess officer with little responsibility. She was given a chance to use her initiative and training, and now, in all except two hospitals, she is in charge of the food department with the responsibility and authority of mess officer. This change in the status of the dietitian was due to the efficient service that these pioneers have given. Although recognition was slow in coming, they put their shoulders to the wheel, took what was given to them, and gave returns



that proved beyond a doubt that the trained dietitian did have a place in the hospitals of the United States Public Health Service.

Following Mrs. Corsette's paper there was an active discussion of the place of the dietitian in the Army hospitals, and the scope of her work. It was the consensus of opinion that the work of the Army dietitian was greatly hampered on account of her lack of status and therefore opportunity to exercise initiative. It was therefore moved and seconded that the committee on resolutions be asked to draw up appropriate resolutions to be presented in person to the Surgeon General of the Army, which would indicate the sentiment of the Association as expressed in the discussion of the Institution Section.

Nola Treat was unanimously elected chairman and Esther Ackerson, secretary of the Section.

MARGARET SAWYER,  
*Secretary, Institution Section.*

The following is a summary of the business transactions of the Council and the Association.

#### COUNCIL MEETINGS

Members and guests present at one or more meetings: Edna N. White, presiding; Mrs. Calvin, Dr. Langworthy, Misses Allison, Baldwin, Bartlett, Bevier, Biester, Bunch, Denny, Field, Frysinger, Goodrich, Harris, Loomis, Mason, Matthews, Milam, Murchie, Powell, Raitt, Rorabaugh, Snow, Stone, Trilling, Ward, Weber, Winchell.

*Relation to Other Organizations.* Various appeals for coöperation and suggestions for affiliation were presented and discussed, and the following actions taken:

Voted to contribute twenty-five dollars to the International Office of Home Economics.

Voted to affiliate with the General Federation of Women's Clubs.

Voted to appoint a delegate to act as representative on the Council of the National Information Bureau. Miss White was appointed.

Voted that a committee be appointed to ascertain the kind of coöperation desired by the Woman's Foundation for Health. Mary Gearing and Mary Parker were appointed.

*Treasurer's Report.* The trial balance submitted by the treasurer was read as follows:

## TRIAL BALANCE AS OF JUNE 15, 1920

<i>Dr.</i>		<i>Cr.</i>	
Cash.....	\$1,708.61	Surplus.....	\$3,360.10
Baltimore Trust Co. Sav. Dept. .	595.11	R. M. F.....	4,305.87
R. M. F. Trustees.....	4,070.56	Institution Section.....	99.09
Association:		Life Membership.....	285.00
Data Committee.....	26.00	Association:	
Salaries, clerical.....	49.80	Dues.....	765.00
Travel expense.....	57.60	Legislative Fund.....	388.78
Printing and stationery.....	53.93	Publications.....	.25
Postage.....	14.00	Journal:	
Telegraph and telephone. ....	5.41	Numbers.....	69.54
Bulletin.....	495.36	Reprints.....	58.04
Annual meeting.....	13.01	Advertising.....	1,193.21
Office expense.....	46.50	Subscriptions.....	3,313.68
Advertising.....	21.00	Books.....	.87
Textile Committee.....	293.65	Club Agents.....	3.85
Equipment.....	254.32	R. M. F. Publications.. .	412.36
Journal:		Interest on Savings Acct. from	
Salaries, officers.....	500.00	June 30,1919, to Dec. 31, 1919	24.00
Travel expense.....	84.40		
Printing and stationery.....	32.00		
Office expense.....	1.45		
Distribution.....	4,215.63		
Discount to news dealers.....	94.97		
Postage.....	3.34		
Refunds—Excess payments.....	5.30		
Exchange.....	.23		
Joint:			
Salaries officers.....	750.00		
Salaries clerical assistants.....	482.00		
Rent.....	100.00		
Postage.....	163.10		
Telegraph and telephone. ....	23.77		
Office expense.....	55.16		
Printing and stationery.....	33.26		
Petty Cash, Miss Winchell. ....	11.95		
Petty Cash, Miss Baldwin.....	18.22		
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	\$14,279.64		\$14,279.64

*Exhibits.* It was voted that the Chair appoint a committee to investigate the feasibility of commercial exhibits. It was suggested that the committee on commercial exhibits consider the plan of dealing with business associations rather than with individual firms.

*Annual Meeting.* Invitations were presented and possibilities considered. It was decided to hold the next meeting in the East and the 1922 meeting at the Oregon Agricultural College at Corvallis.

The following committee was appointed to recommend to the program committee ways and means of making programs: Isabel Bevier, Jenny Snow, Mrs. Calvin, Abby Marlatt, Mabel Trilling. (For recommendations see page 19.)

It was suggested that it might be possible to use part of the income from the Richards Memorial Fund to secure speakers.

*Journal of Home Economics.* Dr. Langworthy presented the Report of the Journal Board. This included suggestions made by Dr. Louise McDanell Browne for organizing various departments in the *Journal of Home Economics*, and the possible necessity of increasing the price of the *Journal*. It was suggested that part of the income from the Richards Memorial Fund be devoted to the *Journal*. This did not seem wise to the trustees of the fund. The matter of increasing the subscription price was referred to the Journal Board with power to act. It was suggested that the presidents of the state home economics associations be requested to push the sale of the *Journal*.

Voted that the Chair appoint a committee to coöperate with the Journal Board in promoting the *Journal*. Chair appointed Miss Milam chairman of this committee with power to choose the other members.

Voted that the Chair appoint a committee to coöperate with the advertising manager of the *Journal* in securing, from home economics workers, helpful data for advertising publicity.

*Regional Organization.* The plan for regional organization was presented, discussed, and modified for presentation to the Association for action. (See page 17.)

*Sections.* The teaching conference group presented a request for a Teaching Section. It was voted that a committee be appointed, interested in the problems of teaching home economics, for the purpose of providing programs and conference opportunities at the meetings of the Association.

The question of a homemakers' group was presented. It was the sense of the Council that if a request should come to the Association from the homemakers themselves it would be the spirit of the Association to encourage it.

Voted that Chair appoint a committee on nomenclature for the purpose of naming sections now existing and others which ought to be formed.

*Standardization of Textiles.* Miss Birdseye presented a proposed plan for the coöperation of the Committee on the Standardization of Textiles with the manufacturers of textile fabrics for the purpose of promoting

experimentation in order that the A. H. E. A. might endorse certain standardized fabrics.

Voted that this committee be instructed to investigate further the opportunities afforded by the Government for carrying out these ideas of textile standardization, and also of the use of funds contributed by commercial firms to the Bureau of Standards for this purpose, the committee to submit a report to the Council in October.

The Council expressed its cordial appreciation of the work of this committee "which has really put the A. H. E. A. on the map." Miss Birdseye was requested to carry this message to the Textile Section.

*Officers.* Lenna Cooper was appointed secretary, and Mr. Turpin was reappointed treasurer. The following were appointed members of the Executive Committee: Isabel Bevier, Henrietta Calvin, C. F. Langworthy, Maude Murchie, Ruth Wardall.

The Richards Fund Trustees reported that they had elected Mrs. Mary H. Abel chairman, and Benjamin R. Andrews secretary-treasurer.

*Status of Dietitians.* Resolutions were passed in regard to the status of dietitians and Miss White and Miss Cooper were appointed to present these resolutions to the surgeon generals of the army and the navy. (See resolution IX, page 22.)

It was recommended that the A. H. E. A. appoint a committee to draw up a uniform questionnaire to be sent to hospitals in order to secure information as to the type of dietitian required, and from the replies to classify the various hospitals.

*Communications.* It was announced that Isabel Ely Lord had been made a life member of the Association by the Alumnae of Pratt Institute. The secretary was instructed to send Miss Lord a letter expressing appreciation of her very effective work as chairman of the finance committee and also as chairman of the committee on revision of the constitution.

Voted that a letter of appreciation and of regret at her absence be sent to Mrs. Norton.

Greetings from Miss Ravenhill were read. The secretary was asked to send Miss Ravenhill a letter of appreciation expressing the best wishes of the Council and regret at her absence.

A message was received from Helen Louise Johnson that she had resigned as editor of the *General Federation Magazine*. Voted that the secretary be instructed to express appreciation of her very effective service as editor.

CORA M. WINCHELL,  
Secretary.



## BUSINESS MEETINGS

## STANDING COMMITTEES

Reports were read and accepted from the following standing committees.

*The Finance Committee* presented the following report:

The treasurer's report shows a deficit in the period January 1-May 31, 1920, so that one-third of the surplus from 1919 has been used. This deficit is apparently due to the following facts:

1. The membership campaign late in 1919 meant that many 1920 dues were paid in advance, thus lessening receipts in 1920.
2. The directory (Who's Who) cost \$324.88, using almost the full amount provided for the *Bulletin* for the 12 months.
3. The Textile Committee has used in this five months all the \$100 appropriated to them and has drawn almost all the \$200 advanced to them. The latter is to be repaid.

The Finance Committee believe that a sound policy regarding the budget includes the following points:

1. That the Association should have at the close of each year a surplus of at least \$500 as a working balance.
2. That committee appropriations should not hereafter be decided from time to time, as the committees ask for money, but should be considered all at one time, at a Council meeting of suitable date, the chairmen of the committees being told at least six weeks in advance that all committee appropriations will be made at that time, and that committees asking for appropriations must present a budget (plan for expenditure) for the amount for which they ask. The Finance Committee should not make decisions but should tell the Council the total amount which in its judgment can be assigned for all committee work. The Council alone should decide on the distribution of this amount among the Association committees.
3. That the Association should meet the expense of its officers in attending meetings, as follows: Annual Meeting—president, secretary, office secretary; meeting with N. E. A.—president, secretary; other Council meetings—president, secretary, and at the discretion of president, office secretary. These expenses are a legitimate charge to the Association, and should be provided for. If any officer can have his or her expenses paid by an institution or state, or if he or she is personally able to bear the expense, the Association should pay the bill, and the refund be made to the Association as a gift for which the institution or the individual should receive credit. The money need not be handled by the Association Treasurer, but the sum should appear in both accounts—Receipts under Contributions, and Expenditures under Traveling Expenses.

*Budget for 1920, Revised June, 1920*

<i>Estimate of Expenditures</i>		<i>Estimate of Receipts</i>	
Rent (one-fifth office) . . . . .	\$48.00	Balance from 1919 . . . . .	\$1,523.76
Salaries: one-fifth office assistants, one-fourth office secretary . . . . .	650.00	Dues . . . . .	1,546.00
Clerical assistance, Treasurer . . . . .	100.00	Sales, etc. . . . .	20.24
Clerical assistance, other . . . . .	100.00		
Postage, stationery, small printing, office expense . . . . .	272.00		
Telephone, telegraph . . . . .	20.00		
Advertising . . . . .	50.00		
Bulletin . . . . .	600.00		
Annual Meeting . . . . .	100.00		
Travel of officers . . . . .	400.00		
Committee on Standardization of Textile, appropriation . . . . .	100.00		
Committee on Exhibits . . . . .	50.00		
Other committees . . . . .	100.00		
Unappropriated balance, to be held as surplus . . . . .	500.00		
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	\$3,090.00		\$3,090.00

Note: The \$200 underwritten for the Committee on the Standardization of Textiles may temporarily lessen the surplus.

The following comments give the reasons for budget changes:

1. Telephone and telegraph. From the expenditure January-May, 1920, it is evident that the first estimate was too low.

2. Bulletin. The original apportionment of \$350 had been overspent \$88.34 by May 31. This provides about \$170 for the rest of the year—certainly none too much with present printing costs.

3. Travel of Officers. This increase is in accordance with previous statement of policy. This sum will not cover the whole year, but some meetings have already taken place. The Association ought to have \$1000 a year for this purpose.

4. Committee on Exhibits. The request came too late for the Finance Committee to consult the Council before making the grant. If there was to be an exhibit at Colorado Springs an immediate decision was essential.

5. Other Committees: This allows the beginning of the plan suggested earlier in the report.

6. Under Receipts the amount to be expected from dues has been reduced, as the first five months of the year, usually the heaviest on this account, brought little more than half of the amount expected for the year. This item will have to be studied for several years before a fair average can be decided.

Respectfully submitted,

ISABEL ELY LORD,  
*Chairman.*

*Legislative Committee.* Report presented by Miss Loomis in the absence of Miss Stanley. Following the report recommendations from it were acted upon as follows:

1. Recommended that the Council and the Association reaffirm the action last year in regard to the Fess Bill and that some program be outlined for getting the Kenyon Bill in the same form. Voted that the matter be referred back to the committee for action.

2. Recommended that the Association endorse the Child and Maternal Welfare Bill and that a committee be appointed to look into the wording of the bill so as to see that it will be safeguarded in the states. Voted that the Association go on record as endorsing the Sheppard-Towner Bill.

3. Recommended that Miss Birdseye be asked for recommendations concerning the Barclay Bill. Motion to that effect carried.

4. Recommended that if possible arrangements be made for someone near or in Washington to attend the hearings of all the bills, in which the American Home Economics Association is interested, and to report to the Association, but that said person appointed shall not speak at these hearings as representing the Association without special instructions from the Association. Motion carried.

5. Recommended that a coöperative plan be worked out with the Pen and Press Committee for better publicity on these bills. Suggested that the two committees would confer and make plans in this regard.

*Committee on State Supervision.* Report presented by Miss Baylor.

Report contained no recommendations but constituted a preliminary report on a survey inquiring into state supervision. Survey showed 12 states with whole time supervisors and 34 states with part time supervisors. Report represented the work and responsibility outlined for state supervisors of home economics according to questionnaire sent over the country.

Voted that the committee be continued under its present name and that it report concerning all phases of supervision, including vocational work.

*International Committee.* Report presented by Mrs. Calvin.

Report showed the work carried on for developing and broadening the view and work of home economics, making recommendations that the committee be continued.

Recommendation made by the Council that the Association make an appropriation of \$25.00 to the International Office of Home Economics was approved by the Association.



*Pen and Press Committee.* Report presented by Miss Milam, in the absence of Miss Atwater.

Voted that the recommendation that the Association adopt the policy, followed by many similar organizations, of requesting all speakers on the program to prepare copies of their addresses and hand in abstracts before given in the meetings be referred with favorable recommendation to the program committee.

*Committee on Exhibits.* Report presented by Dr. Langworthy in the absence of Miss Hunt. Dr. Langworthy explained the work carried on at Washington in regard to a new plan for food charts and posters showing rations and selection of food, also models of pasteboard showing the rationing more graphically.

*Committee on Social Work.* Report of progress presented by Miss Boyer.

*Thrift Committee.* Report presented by Miss Van Meter, acting for Miss Wardall. No special report, but request made that various state chairmen on Thrift hand in suggestions to her and if convenient a meeting be arranged during the annual meeting.

*Committee on Educational Research.* Presented by Miss Trilling.

Recommended that name of committee be changed to avoid conflict with that of the Committee on Research Information.

*Committee on Research Information.* Report presented by Miss Denton included the following recommendations:

1. That the work be extended to include the work of the extension research committee.
2. That the Association go on record as approving the Smoot Bill.

*Committee on Revision of Constitution* was released on action of Council.

*Committee on Vocational Education* made no report but the following action was taken by the Association:

Voted that the action of the Council on appointment of the chairman of the Vocational Education Committee (i.e., that chairman be same as chairman of N. S. V. E.) be rescinded, and that the chairman of the Committee on Vocational Education be appointed by the Committee on Committees.

*Committee on Data.* Miss Field, chairman, presented the following recommendations:

1. That a copy of each Master's thesis in home economics be filed in the office of the Association. If this is not feasible that at least the title and a brief abstract be so filed.



2. That a survey committee be appointed to make a thorough and careful study of the actual content of home economics work as now being given in normal schools and colleges. The objects in view being (1) to secure a definite basis for a better organized and more valuable course as a result of comparisons and interchange of ideas, and (2) to have a definite and sound basis for accrediting and interchange of students. This committee might perhaps be made up of a chairman of the whole and a subchairman in each region. It is suggested that each subchairman shall be in an institution offering graduate work in both home economics and education and that at least one graduate student shall be engaged in the study.

*Committee on Opportunities in Home Economics.* Report presented by Dr. Langworthy.

#### SPECIAL COMMITTEES

The reports of special committees were called for by the president as follows:

*Committee on Regional Organization.* Report presented by Miss Harris. The plan as amended and adopted follows:

I. The Association shall be organized by regions comprising groups of states.

The states shall be divided up into the following regions:

- |             |                 |
|-------------|-----------------|
| 1. Eastern  | 4. West Central |
| 2. Southern | 5. Pacific      |
| 3. Central  | 6. Canadian     |

The grouping of states within these regions and any changes in these groupings shall be determined by the Council.

The states grouped within the regions shall be as follows until such time as it will seem advisable for purposes of more effective work to alter the grouping of these states:

1. Eastern: Six New England states and New York, New Jersey, Pennsylvania, Delaware.

2. Southern: Virginia, North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, Arkansas, Tennessee, Louisiana, Texas, Maryland, District of Columbia.

3. Central: West Virginia, Ohio, Illinois, Indiana, Michigan, Wisconsin, Minnesota, Missouri, Iowa, Kentucky.

4. West Central: Oklahoma, Kansas, Nebraska, North Dakota, South Dakota, Montana, Wyoming, Colorado, New Mexico.

5. Pacific: Arizona, Utah, Nevada, Idaho, Oregon, Washington, California.
6. Canadian.

II. Each region shall have an officer known as "regional councilor," to be elected by the State Presidents when three-fourths of the states in regions are organized. Before that time regional councilors are to be appointed by the Council of the American Home Economics Association.

The duties of the regional councilor shall be to develop when possible state organizations within the above regions; and to assume responsibility for building up and furthering the work of the American Home Economics Association in the aforesaid regions.

### *Recommendations*

1. That states be urged to affiliate as early as possible in order that they may have representation on the Council.

2. That a per capita assessment of 25 cents be made on the state association membership and paid into the American Home Economics Association.

3. That plans be developed by which the state association in the regional organization secure the full value of the membership fee and the per capita assessment. Some suggestions for such plans are

- a. That minutes of the Council meeting be sent regularly to the Council representative of each state association.

- b. That the projects which the American Home Economics Association is emphasizing be turned over to the state associations (through the regional organization or directly) and the state association be urged to further these projects.

- c. That state associations receive some sort of a news letter giving brief reports of activities of other state associations.

- d. That in states where there is no state organization some machinery be set up by the American Home Economics Association which is acceptable to the members of the National Association in the state until the state organization is effected.

4. That the undergraduate associations, such as the college, normal and high school associations, be urged to affiliate with the state association and to maintain a financial relationship similar in method to that of the state association to the National Association.

That the state association be urged to consider the development of these undergraduate associations as part of its responsibility and to make plans accordingly.

5. That the Association at this time provide for a committee or committees to continue the work of regional and state organization with a view to putting into operation during the next year as many of the above recommendations as the Association considers wise.

Voted that the plan or the regional scheme be made a part of the by-laws of the Association.

Voted that the present Committee on Regional Organization be continued.

*Committee on Constantinople Fund.* Miss Marlatt, chairman, reported \$4813.65 collected to date, and read the contributions by districts and by states. Additional pledges were given as follows: Phi Epsilon Omicron, Misses Ward, McCheyne, Warren, Baylor, Fisher, Loomis, Bevier, Snow, Sawyer, Mason, Mathews, Cape, and Dr. Langworthy, all contributed further.

Voted that the Association give a rising vote of thanks to Miss Marlatt in appreciation of her work on the collection of the Constantinople Fund.

*Nominating Committee.* The following nominations were made: President, Mary E. Sweeny; Vice-presidents, Edna N. White, Isabel E. Lord; Council (5 members), Inga M. K. Allison, Isabel Bevier, Mary Kelso, Abby Marlatt, Helen Thompson. The ticket was elected.

*Committee on Committees.* Miss Raitt, Chairman, presented the nominations which were accepted. (For committees see page 30.)

*Committee on Suggestions for Program Committee.* Report presented by Miss Bevier. It is suggested that the program consist of two kinds of meetings: General and Sectional.

The general program should deal with the larger aspects of home economics. The sectional meetings should be limited to the technical aspects of the subject, leaving other aspects for the general session. Sectional meetings should be held as necessary but no section may have more than two scheduled. Each section should provide one speaker for the general session.

The cause of home economics will be greatly helped if the people who prepare papers have them in shape for the publicity committee as soon as read.

Report adopted to be sent to the program committee as instructions from the Association.

The following suggestion for the program committee was received from Miss Warren: It seemed to some of those attending the conference this year unfortunate that there was no place on the program for a discussion of the home economics phases of Boys' and Girls' Club Work. There were five state club leaders in attendance. May I suggest that this phase of work be considered by the Program Committee?



## SECTIONS

*Science Section.* Report presented by Dr. Thompson, chairman.

It was voted by the Section to organize a committee, one member to be chosen from each region, to promote coöperative research by exchange of ideas and library material. Committee appointed: Eastern—Mary S. Rose; Southern—Ruth Wheeler; Central—Katherine Blunt; West Central—Helen B. Thompson; Pacific—Agnes Fay Morgan, Chairman.

In view of the fact that a large amount of scientific work would be excluded by so limiting the name by changing from Science to "Food and Nutrition" (as has been suggested), this section respectfully requests the Council to defer action on this matter until other sections which may be under development are organized and named.

*Extension Section.* Report presented by Mrs. Barnes, secretary.

The Committee on Resolutions from the Extension Section submit the following: That summer courses for the training of Home Demonstration Agents and of subject matter specialists be held in districts composed of contiguous states so that there will be training centers accessible for all workers. To the end that this should be done effectively it is suggested that those in authority confer so that these centers may be located at such time and places as shall best serve. That since subject matter to be used in a state should represent the highest possible standard, all subject matter for use in extension service should be prepared in coöperation with the subject matter department in charge of the subject.

*Resolved,* That we as a committee recognize the valuable work done by the Committee on Standardization of Textiles and desire to express to the chairman thereof our appreciation of her untiring and successful efforts in securing the results evidenced by her report.

*Resolved,* That as a committee we express our sincere appreciation to the chairman of the Extension Section for the instructive and interesting program prepared and for the able manner in which the meeting was conducted.

The Section recommends: That there be more women specialists to help home demonstration agents. That better salaries be secured for home demonstration agents, remembering that salaries will have to come from local aid.

The Section suggests that campaigns be inaugurated for the purpose of placing extension work before college students; of securing more ade-



quate courses for training extension workers; and of securing increased salaries for extension workers.

The following Extension Publicity Committee was appointed: South—Ola Powell, Susie Powell, Mary Creswell, Laura Neale; North—Abby Marlatt, Laura Comstock, Grace Frysinger, Bess Rowe.

#### OTHER BUSINESS

*Affiliated Associations.* Voted that the change be made in the by-laws as proposed in the March *Bulletin* requiring affiliated associations to pay annual dues of \$5.00 and to have at least ten members who are members of the A. H. E. A.

*Communications.* The following actions were taken in regard to various suggestions and communications:

A letter from Miss Pritchett, calling attention to the tendency to place teacher training in health education in charge of the physical training department, was referred to the Resolutions Committee. This committee reported that it did not wish to recommend that the Association attempt to influence the administration of educational institutions in matters of local policy.

Voted that the Association affiliate with the General Federation of Women's Clubs.

Voted that the Association send a message of good will, congratulations, and good wishes for the success of the new School of Agriculture and Home Economics in Belgium.

Voted that a committee be appointed to cooperate with a committee representing trade and industrial education of women from the N. S. V. E.; said committee to present a preliminary joint report in February to both the A. H. E. A. and the N. S. V. E., and also at the annual meeting of the A. H. E. A. in June, 1921. Maud Murchie was appointed chairman to select her own committee.

CORA M. WINCHELL,  
*Secretary.*

#### RESOLUTIONS PASSED AT THE THIRTEENTH ANNUAL MEETING

I. *Resolved*, That the A. H. E. A. expresses its appreciation to Miss Allison and to her assistants for the excellent arrangements they made for the comfort and convenience of the Association and their continued and successful efforts in promoting the pleasure of all in attendance. (A rising vote of thanks was given.)

II. *Resolved*, That the A. H. E. A. expresses its appreciation to the Colorado Springs Chamber of Commerce for the valuable assistance rendered the local committee of home economics women in making the annual meeting of the A. H. E. A. one long to be remembered for its pleasures and for the excellent arrangements made for the convenience of the members in attendance.

III. *Resolved*, That the A. H. E. A. expresses its appreciation to the Elizabeth McCormick Memorial Fund for sending Dr. Hedger as a speaker. Her address was greatly enjoyed and the material presented was of such character that we feel that the Association as a whole gained much of value from it.

IV. *Resolved*, That the A. H. E. A. expresses its sincere thanks to the N. E. A. for sending Dr. Hugh Magill whose excellent address was greatly appreciated, and whose presentation of the present conditions of public education was most clear and forceful.

V. *Resolved*, That the A. H. E. A. expresses its thanks to the speakers on the program who have so ably assisted in making this meeting a success.

VI. *Resolved*, That the A. H. E. A. endorses the Smoot Bill for the appropriation of federal funds for home economics research at agricultural and experiment stations, provided this so-called Smoot measure be re-introduced without substantial or important changes, or with such changes as the Legislative Committee may be able to approve.

VII. *Resolved*, That the research committees of the different sections of the Association be requested to assist in the collection of material designed to set forth the nature of the most pressing home economics problems which need investigation, and the benefits which would accrue from the solution of these in order that the members of Congress may be made to realize the importance of such investigations. (This resolution was submitted by the Committee on Research Information.)

VIII. *Resolved*, That the A. H. E. A. coöperate with various agencies in an effort to secure such textile legislation as will not only tend to protect purchasers of fabrics but will also encourage increased production in America of raw textile fibres.

IX. The A. H. E. A., as the representative of the schools and colleges in which dietitians for hospital service are trained, recognizes that the army and navy are losing and cannot replace the best type of trained dietitians owing to the lack of authority which now exists and which is the natural result of the present non-military status of dietitians.

It is therefore recommended that the necessary steps be taken to enact such legislation as will give to dietitians military rank.

It is further recommended, that, during the necessary interim before such legislation can be enacted, there be appointed a properly trained and experienced supervising dietitian whose duty it shall be to inspect and improve army hospital food conditions, and to whom the dietitians may report for suggestions and assistance. This Association, recognizing that the war department is limited in its funds for such service by trained dietitians because of insufficient appropriations, suggests that one method of securing and recompensing such efficient dietitians would be to assign to them, in addition to their present responsibilities, the duties of the mess officer for which their training and experience qualify them.

X. *Whereas*, Federal funds appropriated for extension service for men and women have been in the past unequally divided; be it

*Resolved*, That the A. H. E. A. goes on record as approving and endorsing the resolution adopted at the Home Economics meeting of the Association of Land-Grant Colleges, November, 1919: namely, that there should be an equal division of any funds in future appropriated for extension service; and be it further

*Resolved*, That this Association, believing that the advancement of agricultural production in the country depends equally upon men and women, further recommends the adoption of the same policy in division of both state and federal funds used in extension work in rural communities. Copies of this resolution shall be presented to the Secretary of Agriculture, the Director of the States Relations Service, the Chiefs of Divisions of Extension Service South and Extension Service North and West, the director of Extension Service in each state, the National Board of Farm Organizations, and the Chairmen of the Agriculture Committees of the House and of the Senate.

XI. *Whereas*, There are over 2400 domestic users of natural gas in the United States and the United States Government investigations have shown that the demand for natural gas during cold weather is greater than the available supply, which condition is in part due to the wasteful methods of use by domestic consumers, and whereas the National Committee on Natural Gas Conservation has recently unanimously made recommendations which if enforced would result in more economic use and in improved service; therefore be it



*Resolved*, That the A. H. E. A. endorses and approves the recommendations of the National Committee pertaining to the use of gas in the home; and be it further

*Resolved*, That, in the interest of the best, just, reasonable, safe, adequate, and sufficient service of the natural gas using homes, we ask the Governors and the Utility Commissions of all the natural gas using states to take steps to immediately carry out and put in force the recommendation of the National Committee on Natural Gas Conservation, and that the Secretary of this Association be directed to transmit a copy of this resolution to the Governor and to the Utilities Commission of every natural gas using state, and also release same to the public press.

XII. *Resolved*, That the A. H. E. A. go on record as approving the introductory statements of the report presented by Miss Murtland as representative of the N. S. V. E.; and be it further

*Resolved*, That the A. H. E. A. go on record as favoring a just division of federal appropriations for trade and industrial education in order that the interests of girls and women in industry may be properly considered and their education be more adequately supported.

*Resolved*, That it is the consensus of opinion of the A. H. E. A. that in the vocational education of women in industry the educational value of extra-mural training in the shops, factories, and offices is of equal rank with that given within the four walls of the school building, and that it should be organized and supervised.

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#### COUNCIL MEETING

*Springfield, Mass., October 20, 1920*

Members and guests present: Miss Sweeny presiding; Mrs. Norton and Mrs. Calvin, Misses White, Blood, Richardson, Weigley, Ward, Thompson, Denton, Birdseye, Van Rensselaer, Lanman, Kauffman, Skinner, Sayles, Baldwin.

Miss Weigley was appointed secretary pro tem in the absence of Miss Cooper. It was decided to omit the reading of the minutes of the last Council meeting.

*Treasurer's Report.* The report of the treasurer was read by Miss Sweeny.



## TRIAL BALANCE AS OF SEPTEMBER 30, 1920

<i>Dr.</i>		<i>Cr.</i>	
Cash.....	\$474.83	Surplus.....	\$3,360.10
Baltimore Trust Co. Sav. Dept. .	631.41	R. M. F.....	4,305.87
R. M. F. Trustees.....	4,070.56	Institution Section.....	101.84
Equipment.....	254.32	Life Membership.....	285.00
Association:		Association:	
Data Committee.....	41.95	Dues.....	1,015.00
Salaries, clerical.....	83.14	Legislative Fund.....	280.29
Travel.....	226.82	Publications.....	1.00
Printing and stationery.....	71.04	Journal:	
Postage.....	24.20	Numbers.....	180.02
Telegraph and telephone.....	5.41	Reprints.....	94.14
Bulletin.....	712.23	Advertising.....	1,850.63
Annual Meeting.....	114.64	Subscriptions.....	5,793.21
Office expense.....	56.73	Books.....	.87
Advertising.....	31.50	Club agents.....	2.35
Textile Committee.....	300.00	R. M. F. Publications.....	429.86
International office.....	25.00	Interest on Savings Acct. from	
Journal:		June 30, 1919, to June 30, 1920	36.30
Salaries, officers.....	900.00		
Travel.....	118.67		
Printing and stationery.....	67.50		
Office expense.....	10.15		
Distribution.....	6,448.83		
Postage.....	15.60		
Discount to news dealers.....	179.57		
Joint:			
Salaries officers.....	1,350.00		
Salaries clerical assistants.....	903.23		
Rent.....	180.00		
Postage.....	201.06		
Telegraph and telephone.....	32.68		
Office expense.....	81.96		
Printing and stationery.....	38.01		
Advertising.....	5.00		
Refunds—Excess payments.....	3.80		
Exchange.....	1.68		
Petty Cash Miss Winchell.....	11.95		
Petty Cash Miss Baldwin.....	37.99		
Petty Cash Miss Cooper.....	25.00		
	<hr/>		<hr/>
	\$17,736.48		\$17,736.48

## STATEMENT OF OPERATIONS, JANUARY 1 TO SEPTEMBER 30, 1920

*Association*

Expenditures:		Receipts:	
Salaries.....	\$601.28	Dues.....	\$1,015.00
Travel.....	226.82	Publications.....	1.00
Printing and stationery.....	78.64		
Postage.....	64.41		\$1,016.00
Telegraph and telephone.....	11.95		
Rent.....	36.00		
Bulletin.....	712.23		
Annual Meeting.....	114.64		
Office expense.....	73.12		
Advertising.....	32.50		
Textile Committee.....	300.00		
Data Committee.....	41.95		
International Office.....	25.00		
	<hr/>		
	\$2,318.54	Deficit:	\$1,302.54

*Journal*

Expenditures:		Receipts:	
Salaries.....	\$2,635.09	Subscriptions.....	\$5,793.21
Travel.....	118.67	Advertising.....	1,850.63
Printing and stationery.....	97.91	Reprints.....	94.14
Office expense.....	75.72	Numbers.....	180.02
Journal Distribution.....	6,269.26	Books.....	.87
Postage.....	176.45		
Rent.....	144.00		\$7,918.87
Telegraph and telephone.....	26.14		
Advertising.....	4.00		
	<hr/>		
	\$9,547.24	Deficit:	\$1,628.37

The financial statement shows a deficit for the operations for the part of the fiscal year—January 1 to September 30—but it is expected that this will be taken care of by the receipts for the balance of this year, and by the surplus of last year which was partly due to advance payment of 1920 fees. Voted that this statement be sent out in explanation of the apparent deficit.

*Request of Advertising Manager of Journal.* The request of the advertising manager of the *Journal* was presented again, as no letters had been received by him from those in a position to spend money for equipment and materials that should be advertised in the *Journal*. The discussion included suggestions for using state organizations and for securing statements by sending out return postcards. Voted to send the postcards.

*Report of Legislative Committee.* In the absence of Miss Stanley, Miss White reported for the Legislative Committee. She reminded the Council of the importance of pressing the Fess Bill.

A letter from Miss Stanley reported that letters had been sent to all state chairmen; that the Legislative Committee wished suggestions for coöperation with the Pen and Press Committee in securing publicity; and that clauses advocating additional appropriation for home economics had been written into the platforms of three of the political parties.

It was voted that a committee (the president to be a member) be appointed to call upon the Secretary of the Interior with the request that the work of the Home Economics Specialist in the Bureau of Education be put upon a permanent basis and developed.

It was voted that the same committee call upon the Secretary of Agriculture with special recommendations in regard to the home economics work in the Department of Agriculture.

Miss Birdseye asked for the opinion of the Council in regard to the Barclay Bill. As it was thought that the Council had already approved this bill, no further action was taken.

Mrs. Calvin suggested the importance of watching for the appearance of old bills under new names in the new Congress.

*Report of Regional Organization Committee.* Miss Weigley reported the progress of the regional plan adopted at the Colorado meeting.

The appointment of Miss Edith Thomas as the Regional Councilor for the South was ratified.

Miss Weigley's report was accepted and she was empowered to add to her committee as needed.

*Report of Journal Board.* Mrs. Norton presented the *Journal* Board report. This included the announcement of Miss Ryley's resignation, and the question of raising the subscription price, of combining subscription and membership, of the importance of securing more subscriptions.

The Council appointed Miss Gunther to fill Miss Ryley's place, and approved of raising the subscription to \$2.50 and student subscription to \$1.25. Mrs. Norton reported that the *Journal* is being more and more widely quoted. The possibility of placing the advertising in the hands of the office was discussed. Sentiment was in favor of retaining the advertising manager.

*Appropriation to International Office.* Miss Sweeny reported that the \$25.00 appropriated had been sent to the International Office of Home Economics and a very gracious reply received.

The letter announced that the International Conference would be held at Strassburg in 1921, and requested that we send a representative. Miss White was appointed.

*Committee for General Federation of Women's Clubs.* Miss Sweeny announced the committee to represent the Association as an affiliated association with the General Federation of Women's Clubs as follows: Miss Mathews, chairman, Miss Weigley, Miss Harris.

*Annual Meeting.* The Chair presented the matter of the place of the next annual meeting. Announcement was made of invitations from New York, Philadelphia, Springfield, and Ithaca. Various places in New England were discussed. It was voted to appoint a committee representing New England and request them to report not later than December 1. The time for the annual meeting was left to be decided at the February meeting.

*Affiliation of Y. W. C. A.* Miss Sweeny called attention to the request of the Y. W. C. A. presented at Colorado Springs, asking for representation on the Council. Affiliation was discussed, but since the Y. W. C. A. does not meet the requirements for affiliation, the matter was laid on the table.

*Richards Memorial Fund Trustees.* It was voted that the Chair appoint new members of R. M. F. Trustees.

*Plan of Textile Standardization Committee.* Miss Birdseye then presented the Textile Standardization Committee plan, which had been referred back to the Committee for further investigation. The Bureau of Standards was found to be equipped for the research required. The National Research Council might also assist if funds were available. Dr. True and Mr. Crawford had been consulted.

Miss Birdseye wished to know whether the Council would authorize her committee to proceed with plans for coöperating with manufacturers in protecting consumers by setting up minimum standards and stamping goods with a symbol that represented those standards. The sense of the Council as indicated by the discussion that followed was that the matter needed further consideration before involving the name of the Association.

It was voted that the President appoint a committee to investigate the proposed coöperation and report to the Council.

*Communications.* A request from the Institute of Public Service for a copy of our directory was laid on the table, as was also a request from the World Metric Standardization Council for indorsement of their plans.



A request from the Y. M. C. A. for indorsement of thrift week was granted.

A request from the National Sheep and Wool Bureau for indorsement of French-Capper Bill was referred to the Legislative Committee.

*New Appointments and Other Business.* Miss Weigley asked to be released as chairman of the Program Committee, and the president was empowered to fill the vacancy.

The Secretary was requested to send an expression of sympathy from the Council to Miss Cooper and Mrs. Dewey.

Miss Biester was appointed as acting secretary until Miss Cooper could resume her duties.

It was decided to combine *Bulletins* 3 and 4 in order to save expense and avoid further delay.

MILDRED WEIGLEY,  
*Secretary pro tem.*

SECTIONS AND COMMITTEES OF THE A. H. E. A.

SECTIONS

*Institution Economics*

Mrs. Melvil Dewey, *Honorary Chairman*  
Nola Treat, *Chairman*  
Esther Ackerson, *Secretary*

*Science*

Minna Denton, *Chairman*  
Margaret Sawyer, *Secretary*

*Extension Education*

Ola Powell, *Chairman*  
Miriam Haynes, *Secretary*

*Textile*

Lillian Peek, *Chairman*  
Ethel Phelps, *Secretary*

STANDING COMMITTEES

*Journal Board*

Mrs. Alice P. Norton, *Editor*  
Keturah E. Baldwin, *Business Editor*  
Mrs. Mary Hinman Abel  
C. F. Langworthy  
Amy Daniels  
Ruth Wheeler  
Emma Gunther

*Legislation*

Louise Stanley, *Chairman*  
Jessie Harris  
Jessie Whitacre  
S. P. Breckinridge  
Marion Van Liew

*State Supervision*

Edith M. Thomas, *Chairman*  
Etta P. Flagg  
Mrs. Maude G. Adams

*International Committee on Teaching Home Economics*

B. R. Andrews, *Chairman*  
Mrs. Henrietta W. Calvin  
Anna E. Richardson  
Mary Urie Watson  
Isabel Bevier  
Ada Field

*Educational Research*

Florence Williams, *Chairman*  
Dean Charters  
Grace Hood

*Research Information*

Minna Denton, *Chairman*  
Chairmen of Sections

*Vocational Education*

Alice Loomis, *Chairman*  
Anna M. Cooley  
Martha Thomas  
Helen Hildreth  
Florence Harrison  
Mabel Wellman

*Pen and Press*

Helen Atwater, *Chairman*  
Helen Louise Johnson  
Lillian Tingle  
Harriet Mason  
Ava Milam  
Agnes Craig

*Finance*

Sarah MacLeod, *Chairman*  
Nina Crigler  
Susie V. Powell  
Mrs. Ellen P. Dabney  
Mabel Patrick  
H. Gale Turpin

*Exhibits*

Caroline Hunt, *Chairman*  
H. Helen Higgins  
Annie Thompson  
Jessie Hoover  
Mrs. Elizabeth MacDonald  
Lillian Tingle  
Mrs. Charles Greene

*Social Work*

Lucy Gillett, *Chairman*  
Margaret Sawyer  
Fern Reamer

*Thrift*

Ruth Wardall, *Chairman*  
 Katherine Jensen  
 Anna Van Meter  
 Martha Van Renssaelaer

*Time and Place of Meeting*

Bertha Terrill, *Chairman*  
 Ula Dow  
 Edna Skinner

*Program*

Alice Blood, *Chairman*  
 Chairmen of Sections

## SPECIAL COMMITTEES

*Regional Scheme*

Mildred Weigley, *Chairman*  
 Ava B. Milam  
 Agnes Ellen Harris  
 Mary Parker  
 Isabel Ely Lord

*Commercial Exhibit*

Mrs. Louise Browne, *Chairman*  
 (Members to be chosen)

*Constantinople Fund*

Abby Marlatt, *Chairman*  
 Isabel Ely Lord  
 Agnes Ellen Harris  
 Isabel Bevier  
 Alice M. Loomis  
 Ava B. Milam

*Survey of Home Economics Courses*

Flora Rose, *Chairman*  
 Ethelwyn Miller  
 Mary Swartz Rose  
 Anna Richardson  
 Mrs. Henrietta W. Calvin

*Textile Coöperation*

Anna Cooley, *Chairman*  
 Anna Richardson  
 Miriam Birdseye  
 C. F. Langworthy  
 Mrs. Grace G. Matthews

*Data Regarding Home Economics Courses*

Ada Field, *Chairman*  
 Katharine Blunt  
 Bertha Terrill

*Teaching*

Mrs. Henrietta Calvin, *Chairman*  
 (Members to be chosen)

*Promoting the Journal*

Ava. B. Milam, *Chairman*  
 (Members to be chosen)

*Advertising Publicity*

Anna Williams, *Chairman*  
 Florence Redifer

*Nomenclature of Sections*

Mrs. Agnes Morgan, *Chairman*  
 Mrs. Henrietta Calvin  
 Cora M. Winchell

*Opportunities in Home Economics*

C. F. Langworthy, *Chairman*  
 Helen Atwater  
 Ruth Wardall  
 Antoinette Roof  
 Ruth Wheeler  
 Louise Stanley  
 S. P. Breckinridge  
 Dorothy Reed Mendenhall

*Cooperating with N. S. V. E.*

Maude Murchie, *Chairman*  
 (Members to be chosen)

# The American Home Economics Association

ORGANIZED DEC. 31, 1908.

INCORPORATED MAY 12, 1909.

The American Home Economics Association exists for the purpose of bringing together those interested in the bettering of conditions in the home, the school, the public institution, and the community.

Membership Dues: Annual \$2.00; Life \$50.00.

## PRESIDENT

MARY E. SWEENEY,  
Mich. Agricultural College, E. Lansing

## VICE-PRESIDENTS

C. F. LANGWORTHY,  
U. S. Dept. Agr., Washington, D. C.  
EDNA N. WHITE,  
Merrill-Palmer School, Detroit, Mich.  
ISABEL ELY LORD,  
176 Emerson Place, Brooklyn, N. Y.

## SECRETARY

LENNA F. COOPER,  
Battle Creek Sanitarium,  
Battle Creek, Mich.

## OFFICE SECRETARY

KETURAH E. BALDWIN,  
1211 Cathedral St.,  
Baltimore, Md.

## TREASURER

H. GALE TURPIN,  
Baltimore Trust Company, Baltimore

## CHAIRMAN, FINANCE COMMITTEE

SARAH J. MAC LEOD,  
Society for Savings, Cleveland, Ohio

## EDITOR OF THE JOURNAL

MRS. ALICE P. NORTON,  
1211 Cathedral St., Baltimore, Md

## EXECUTIVE COMMITTEE

The Executive Committee is composed of the following members: The president, three vice-presidents, secretary, treasurer, the editor of the Journal and the office secretary, ex officio, and five additional members of the Council, chosen by the Council, viz.: Isabel Bevier, Henrietta Calvin, C. F. Langworthy, Maude Murchie, Ruth Wardall.

## COUNCILORS AT LARGE

### TERMS EXPIRE 1921

EFFIE RAITT,  
University of Washington,  
Seattle, Wash.  
EMELINE WHITCOMB,  
University of Montana,  
Missoula, Mont.

RUTH WARDALL,  
University of Iowa,  
Iowa City, Iowa  
MARY E. MATTHEWS,  
Purdue University,  
LaFayette, Ind.

MRS. CHARLES W. GREENE,  
814 Columbia Ave.,  
Columbia, Mo.

### TERMS EXPIRE 1922

EMMA WINSLOW,  
Teachers College,  
New York City  
ADA FIELD,  
George Peabody College,  
Nashville, Tenn.

JENNY H. SNOW,  
Sup'r Household Arts,  
Chicago, Ill.  
GRACE DENNY,  
Univ. of Washington,  
Seattle

CARLOTTA GREER,  
E. Tech. High School,  
Cleveland, Ohio

### TERMS EXPIRE 1923

MAUDE MURCHIE,  
State Board of Educ.,  
Sacramento, Cal.  
FLORENCE WARD,  
U. S. Dept. Agr.,  
Washington, D. C.

ALICE RAVENHILL,  
23 Dallas Ave.,  
Victoria, B. C.  
MARY GEARING  
University of Texas,  
Austin.

E. V. McCOLLUM,  
Johns Hopkins University,  
Baltimore, Md.

### TERMS EXPIRE 1924

ALICE F. BLOOD,  
Simmons College,  
Boston  
ANNA RICHARDSON,  
Federal Board for Vocational Education,  
Washington

CARA HARRIS,  
Court House,  
Memphis, Tenn.  
AVA MILAM,  
Oregon Agricultural College,  
Corvallis

MILDRED WEIGLEY,  
Univ. of Minn.,  
Univ. Farm, St. Paul

### TERMS EXPIRE 1925

ISABEL BEVIER,  
Univ. of Illinois,  
Urbana  
ABBY MARLATT,  
Univ. of Wis.,  
Madison

INGA M. K. ALLISON,  
Colo. Agr. College,  
Ft. Collins  
MARY L. KELSO,  
Manitoba Agr. College,  
Winnipeg

HELEN THOMPSON,  
Kan. State Agr. Coll.,  
Manhattan

## SECTIONAL COUNCILORS

Institution Economics Section: MRS. MELVIL DEWEY, Lake Placid Club, N. Y.; NOLA TREAT, University of Minn., St. Paul, Minn.

Science Section: MINNA DENTON, Office of Home Economics, U. S. Dept. of Agr., Washington, D. C.

Extension Section: OLA POWELL, Office of Extension Work South, Washington, D. C.

Textile Section: LILLIAN PEEK, Capitol Station, Austin, Texas

## REPRESENTATIVE COUNCILORS

One representative councilor may be chosen by each affiliated association.

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# BULLETIN

OF THE

## American Home Economics Association

HOME INSTITUTION SCHOOL

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### FOURTEENTH ANNUAL MEETING

**Why go to Swampscott?** Three arguments usually combine to bring members to the annual meetings of their organizations: first, the program and the new facts and theories which it presents; second, enjoyable and profitable contact with those who are doing work similar to one's own; and third, the chance of a good time "on the side." The purpose of this article is to urge every member of the American Home Economics Association to consider all three reasons before she decides against going to the Fourteenth Annual Meeting at Swampscott.

Any one who knows the success of the February meeting at Atlantic City is ready to trust Dr. Blood's committee to provide a program in which the various phases of home economics work will all be represented but which will at the same time give a sense of general unity and balance,—one from which a few famous lions will roar engagingly and during which the most modest among the members may have a comfortable chance to air her views in general discussion.

The faithful attendants at Association meetings know the manifold advantages of coming into personal relations with their home economics colleagues, but these may not be so plain to the new recruits and the

habitual stay-aways. It is not merely that one meets those whose names are familiar in books and journals and college catalogues but that from chance chats one learns much of the general drift of professional thought, the consensus and variations of professional opinion, and the sources of the best professional influence. Moreover as one joins in the discussions, the voting, and the informal give-and-take of talk about headquarters, one comes to feel oneself an integral part of an influential organization with a vital share in shaping its policies. We are sometimes told that home economics workers are handicapped by a lack of professional spirit. Is there any better way to develop a professional spirit than to spend a few days as an active part of our largest professional group?

As for the good times "on the side" at Swampscott, every one who knows New England knows how many people year after year bear testimony to the delights of the famous North Shore, its cool ocean breezes, its fine bathing, its picturesque rocks and smooth beaches, and its wealth of historical and literary associations. Among its hotels the New Ocean House ranks high in comfort, and convenience. Boston is less than an hour away, with good train and trolley service, so that day and half-day excursions to town can be easily arranged. The local committee is planning trips of special professional interest to such Boston institutions as the Nutrition Laboratory of the Carnegie Institution, cafeterias and hospitals, textile collections in the Museum of Fine Arts, Simmons College, the Women's City Club, and Denison House Settlement.

Information will be available at the New Ocean House as to how one may best visit such points of general interest as the Boston Public Library with its famous frescoes by Sargent, Abbey, and Puvis de Chavannes, the Old North Church and Burying Ground, with their colonial and revolutionary traditions, or Harvard University, and the interesting houses of Cambridge.

On the coast, four miles south of Swampscott, is Nahant, formerly the summer home of Longfellow, Motley, and Prescott, and now that of Senator Henry Cabot Lodge; while not much farther to the north are Salem and Marblehead, both full of historic interest, with old-time homes furnished as in the days when the East India trade flourished, and giving to their visitors a vivid idea of former manners and customs. To a student of household arts a visit to those open to the public and to the museum at Salem is worth more than hours of reading; and

how about buying a "Jim Crow" in the shop of the House of Seven Gables, now faithfully restored? Scattered along the roads are many tea-houses, interesting both for their location and for the different types of management they represent.

Longer trips by train or motor may be arranged through well-known suburbs to Concord and Lexington, with their battle monuments and their associations with New England literature, or southward to Plymouth, which is just as interesting as last year though the tercentenary crowds are gone. Northward one can visit Gloucester perhaps going one way by the shore boulevards through Beverly, Pride's Crossing, Manchester, and Magnolia, where beautiful modern homes vie in allurements with the shops of famous city firms; and the other way by inland roads and country scenery; and if one has a whole day one may stop in Gloucester long enough to visit the artist's colony and the gallery on the moors of Cape Ann, watch the yachts in the harbor, and possibly catch the flavor of the modern fishing trade by a visit to a canning factory.

To make sure that every one gets a sample of these possibilities, the Committee has included on the program arrangements a general picnic supper on the beach, one general sight-seeing trip in town, and a motor trip to Gloucester.

Undoubtedly it costs money to come to the meetings, but remember that they are at a time when many of us need a change and cooling off and when they can be combined with the Fourth of July holiday. Moreover, if one considers the three kinds of satisfaction that they may give, is not the real question, "Can I afford not to go?"

H. W. A.

#### PROGRAM

##### FOURTEENTH ANNUAL MEETING

##### AMERICAN HOME ECONOMICS ASSOCIATION

NEW OCEAN HOUSE, SWAMPSCOTT, MASSACHUSETTS, JUNE 27-30, 1921

MONDAY, JUNE 27

10.00 a.m. Council Meeting

2.30 p.m. Opening Session. Mary Sweeny, President, presiding

The American Home Essential to the Maintenance of American Ideals

Sarah Louise Arnold, Dean Emerita, Simmons College

The Necessity of the Extension of Home Economics Teaching

Payson Smith, Commissioner of Education, Massachusetts

**8.00 p.m. General Session, with the New England Home Economics Association.  
Antoinette Roof, presiding**

The Place of the Nutrition Worker in the Health Program

Bailey B. Burritt, General Director, Assn. for Improving the Condition of the Poor  
Home Economics Women and the Press

Martha Van Rensselaer, Cornell University

TUESDAY, JUNE 28

**Professional trips in the morning**

**2.30 p.m. Extension Section. Madge Reese, presiding**

Reasons for Rapid Development of Home Demonstration Work

Margaret A. Ambrose, Asst. Director Home Demonstration Work, Knoxville, Tenn

Marie Sayles, State Home Demonstration Leader, Ohio

How Club Work Prepares Girls for Earning a Livelihood as well as for Womanhood

Elsie Trabue, State Leader of Girls' Clubs, Connecticut

Jane S. McKimmon, State Home Demonstration Agent, North Carolina

Advanced Plans for the 1921 Home Demonstration Program of Work

Ida S. Harrington, State Home Demonstration Agent, Rhode Island

Laura F. Neale, State Home Demonstration Agent, Texas

Committee's Report "Training and Maintenance of Home Demonstration Agents"

**2.30 p.m. Round Table, Committee on Teaching. Henrietta Calvin, presiding**

Experiments in Coordinating Home Economics Instruction with Home Life Experience

Etta Flagg, Supervisor of Home Economics, Public Schools, Los Angeles

Edna Groves, Supervisor of Home Economics, Public Schools, Portland

Helen Lee Davis, Professor of Household Arts, Oregon Agricultural College

Teaching Foods in Rural Schools

Cara Harris, Supervisor of Home Economics, Shelby County, Tenn.

Problems in Continuation Classes

Ellen Miller, Merrill-Palmer School, Detroit, Mich.

Committee Report on Essentials of Equipment and Rooms for Teaching Home Economics

Mrs. Calvin, U. S. Dept. of Education

**5.00 p.m. Picnic Supper**

**8.00 p.m. General Session. C. F. Langworthy, presiding**

The Need of Further Investigation of the Effect of Commercial and Household Processes  
on the Vitamin Content of Foods

John R. Murlin, Chairman Committee on Research in Human Nutrition, National  
Research Council

The Present Dye Situation

F. E. Breithut, Calco Chemical Company, Bound Brook, N. J.

Plans for Textile Research under the National Research Council

Miriam Birdseye, Chairman Textile Standardization Committee



WEDNESDAY, JUNE 29

**Sight-seeing and professional trips in morning****10.00 a.m. Council Meeting**

Meeting of Federation of Home Demonstration Agents of the North Eastern States. Temporary Chairman, Mrs. Margaret Robinson Ellison, Waltham, Mass. All Home Demonstration Agents attending the conference are invited to attend this meeting.

**1.00 p.m. Luncheons**

Omicron Nu: Reservations should be made as soon as possible with Marion S. Van Liew, 359 State St., Albany, N. Y.

Phi Upsilon Omicron: Reservations should be made as soon as possible with Jessie Whitacre, Box 203, Logan, Utah

**2.30 p.m. Textile Section. Agnes H. Craig, presiding**

How Can Schools of Home Economics Aid in Training the Textile Chemist?

Elizabeth Weirick, Textile Testing Laboratory, Sears, Roebuck Company

The High School Clothing Course

Zella E. Bigelow, University of Idaho

Extension Work in Clothing

Doris Schumaker, Cornell University

A Clothing Facts Bureau

Ada Blanchard

Report of Committee on Standardization of Textiles

The Status of Legislation

Helen Goodrich, Michigan Agricultural College

Further Data on Purchasing Habits

Ethel Phelps, University of Minnesota

Petticoat Test

Ellen Beers McGowan, Teachers College, New York

Research on Minimum Standards

Grace Denny, University of Washington

**2.30 p.m. Round Table, Social Service Committee. Lucy Gillett, presiding**

Training for Nutrition Work in Social Service

A. The Advisability of Having in the Training:

1. Methods of Teaching. Flora Rose, Cornell University

2. A Social Point of View. Margery Smith, Dietetic Bureau, Boston

3. A Medical Point of View. Margaret Sawyer, Director Nutrition Service, American Red Cross

B. Subject Matter. Report from the New York Nutrition Council

**2.30 p. m. Round Table, Committee on Economics and Thrift**

Home Economics in Banks

Sarah MacLeod, Society for Savings, Cleveland

Mrs. Allen Stevens

Helen Louise Johnson

Agnes Donham

**8.00 p.m. General Session. Mary Sweeny, presiding**

The Future for Home Economics Women in Institutional Administration

Mary A. Lindsley, Manager Grace Dodge Hotel, Washington, D. C.

Industrial Opportunities for Training for Women

Mary Anderson, Director Women's Bureau, U. S. Dept. of Labor

Food Supply and Demand

Mrs. Edward P. Costigan, Chairman Food Supply and Demand Committee, League of Women Voters

THURSDAY, JUNE 30

**9.30 a.m. Science Section. Minna Denton, presiding**

Topic: Brief Reports of Recent Research

Development of Research Problems from the Field of Experimental Cookery. Various Methods of Approach

Day Monroe, Department of Foods and Cookery, Teachers College, New York

An Account of a Specific Research Problem

Mary Barber, Department of Foods and Cookery, Teachers College, New York

The Organization and Possibilities of Cooperative Research in Colleges

Walter H. Eddy, Professor of Physiological Chemistry, Columbia University

The Basal Metabolism of Women and Underweight Children

Katharine Blunt, Chairman Home Economics Dept., University of Chicago

Emulsification in Mayonnaise

Kenneth L. Mark, Professor of Chemistry, Simmons College

The Carbon-Dioxide Diffusion Ratio in Doughs as an Index of Flour Strength

Mildred Weigley, Head of Home Economics, University of Minnesota

Influence of Pressure Cooker on the Vitamin Content of Foods

Louise Stanley, Head of Home Economics, University of Missouri

Studies of the Bacterial Flora of Home Canned Vegetables

Harold L. Lang, Professor of Bacteriology, Carnegie Institute of Technology, Pittsburgh, and Specialist in the Office of Home Economics, U. S. Dept. of Agr.

List of Mimeographed Abstracts Presenting Graduate Work in Home Economics during the Current Year

C. F. Langworthy, Chief of Office of Home Economics, U. S. Dept. of Agriculture

**9.30 a.m. Institution Economics Section. Octavia Hall, presiding**

The Housing and Feeding of Groups of Women

A. College Students. Flora Rose, Cornell University

B. Working women

Plans for a New Women's Club House in Boston. Florence B. Child, Executive Organizer of the Durant Incorporated, Boston

The Industrial Cafeteria

E. H. Ansell, Luncheon Manager, New England Telephone and Telegraph Company, Boston

**9.30 a.m. Round Table, Vocational Committee. Alice Loomis, presiding**

Probable Topics:

The Relation of the Supervision of Smith-Hughes State Work to the Supervision of Other Home Economics State Work

Should a Teacher of Vocational Home Economics in Day Schools be Trained along All Lines of Household Activities?

Part-time and Evening Classes

**2.30 p.m. Business Meeting****8.00 p.m. General Session. Mary Sweeny, presiding**

**Home Demonstration Work: A Permanent and National Contribution to American Education**

O. B. Martin, Assistant in charge of Demonstration Club Work, Office of Extension Work South

**The Place of Boys and Girls' Club Work in Extension Education**

George E. Farrell, In charge of Boys and Girls' Club Work, Office of Extension Work North and West

**How Can Sufficient Personnel be Recruited?**

John D. Willard, Director Extension Service, Mass. Agricultural College

The Hospitality Committee is making definite arrangements for the following trips. An information desk will furnish details and will help in planning other sight-seeing or professional trips that individuals or small groups may wish to take.

*Tuesday morning***Professional trips:**

Peter Bent Brigham Hospital and Children's Hospital. Inspection of Wards and Kitchens. In charge of Helen C. Reilly, State Department of Health

Women's City Club and Filene's Restaurant. Inspection of Food Service. In charge of Amy Fackt, Women's Educational and Industrial Union

Boston Museum of Fine Arts. Textile and Tapestry Corridors and Textile Study Room, with decent service. In charge of Ella Spooner, Simmons College

Denison House. Folk Handicraft Guild. In charge of Abby Spear, Simmons College

Carnegie Nutrition Laboratory. In charge of Margery Smith, Dietetic Bureau

Forsyth Dental Infirmary. Research Department. In charge of Mrs. Alzira Sandwall, State Department of Public Health

Junior Extension Work. A demonstration of home economics club work in Wakefield. In charge of Mrs. Ellison, Home Demonstration Agent, Middlesex County.

Plans for these trips must be made on Monday. People who expect to arrive late but wish to be included in one of the Tuesday morning trips are asked to notify, in advance, the Chairman of the Hospitality Committee, Jeannie Kenrick, 41 Eliot Memorial Road, Newton, Mass.

*Tuesday 5:00 p.m.*

Picnic supper at Phillips Beach. Hostesses, Mrs. Melville Eastham and Mrs. Emily Hawes. For guests registered at the hotel a picnic supper will be provided by the hotel in place of the regular meal. For other guests the hostesses will arrange for supper, either through the hotel or otherwise.

*Wednesday morning***Sight-seeing and professional trips:**

Historic Boston: North End, Old North Church, Old South Meeting House, Faneuil Hall, The Fenway. In charge of Susie Sprout, Brookline Schools

North Shore: Salem, Marblehead, Beverly, Manchester-by-the-Sea, Gloucester. In charge of Helen Lockwood, Framingham Normal School

Simmons College, State Dept. of Public Health, Dietetic Bureau, Women's Educational and Industrial Union, Beverly Health Center, may be visited with guides.

*Thursday—late afternoon*

Boston Floating Hospital. In charge of Margery Smith, Dietetic Bureau

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Reservations at the New Ocean House should be made directly with the manager. The rate of \$7 to \$9 per person, per day, American plan, two people in a room, has been offered by the management. This is an exceedingly generous offer, and members of the Association are urged to register, so far as possible, at headquarters. A limited number of rooms at a \$1 or \$2 rate are available in private houses and small boarding houses in Swampscott and Lynn. Information about these may be obtained from Mrs. Melville Eastham, 2 Prescott Street, Cambridge, Massachusetts. The hotel grill room, with a reasonable à la carte service, will be open at the time of the convention. A selected list of hotels and boarding houses on the North and South shores has been prepared by the Hospitality Committee for the benefit of members of the Association who may wish to prolong the holiday in New England. Mrs. Eastham will be glad to give information in advance or at the time of the meeting.

Members arriving with baggage should take a train stopping at Swampscott (25 minutes from Boston) where trains are met by the hotel motor. Train service is more frequent to Lynn, which has a 20 minute trolley car connection with Swampscott. Trains leave the North Station, Boston, via the Boston and Maine Railroad. The Boston Chamber of Commerce has organized a Tourist Department to aid summer travelers and is making every effort to secure tourist rates. It seems improbable, however, that these will go into effect this summer because of the precarious financial condition of the New England railroads.

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